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Food, Page 1C

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VOLUME 21, NUMBER 53

WEDNESDAY, JULY 2, 1997

FIFTY CENTS

Witness to history

Student
back from
Hong Kong

By Michelle Duell
Staff writer

A 21-year-old Washington University student from Granite City recently returned from Hong Kong after completing a six-month student exchange program there.

Brent Sobol, whose major is marketing and international business, was studying at the Hong Kong University of Science Technology, and returned less than a month before China resumed control of Hong Kong, which had been under British rule until Monday.

"I understand now with the takeover all languages up to the tertiary level will be learning Cantonese, (one of China's two main languages)," Sobol said. "They (Chinese government officials) also use the buzz word, 'one country, two systems,' which means they will allow capitalism in some parts and yet emphasize socialism there."

"Border control is very tight, and will remain very tight," Sobol said of China's takeover. "The reason is that people from nearby areas of Hong Kong try to get in."

(See STUDENT, Page 8A)



Brent Sobol of Granite City and his friend, Agnes Chung of Hong Kong, visit Tiananmen Square in front of the Forbidden City in China.

Culture shock

Hong Kong lifestyle took adjustment

By Michelle Duell
Staff writer

When Brent Sobol of Granite City returned recently from Hong Kong, where he was an exchange student at Hong Kong University of Science Technology, he needed about two days to

readjust to American lifestyle. "Almost everyday, I would think of things and think, 'Boy, this is sure different from how we do it in America,'" the 21-year-old Washington University student said of Hong Kong. "I would always note that people

(See CULTURE, Page 9A)

Signs prompt complaints

Former alderman assails advertising at high school

By Bob Slate
Staff writer

A former Granite City alderman is angry about advertising signs placed at the Granite City High School athletic complex.

The school district is selling the advertising space along the fence in the outfield of Varsity Field to raise money for programs for students, school board president Jeff Parker said.

Dan Partney, former 4th Ward Alderman, said he received complaints about the signs last week from about six residents of the

"I think it is ridiculous to have to put advertisements on our school facilities to generate revenue for our schools," Partney said. "Just look at your tax bill and see how much money goes to the school district."

— Dan Partney
Former alderman

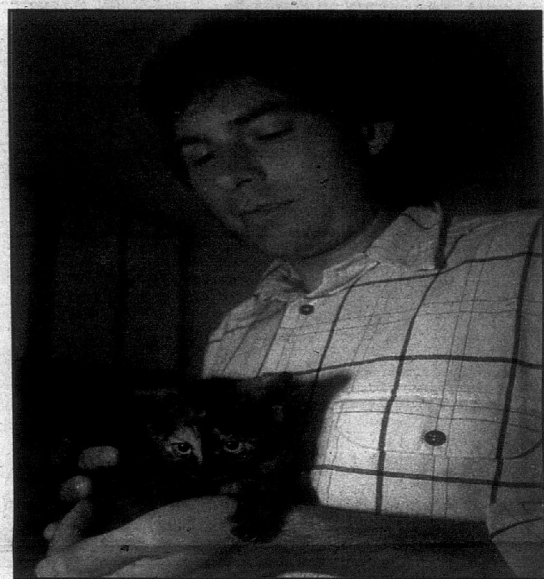
Lueders Park Estates subdivision after the signs were placed along the outfield fence.

"I think it is ridiculous to have to put advertisements on our school facilities to generate revenue for our schools," Partney said. "Just look at your tax bill and see how much money goes to the school district."

Parker, who is also a sergeant for the Granite City police department, said the school board voted unanimously to allow the sale of the advertising space.

"The only reason we approved that was to benefit the kids," Parker said. "This was not a commercial venture for the district to make money. It was a program to raise

(See SIGNS, Page 4A)



(Staff photo by JOHN FRESE)

John Rowe, a veterinarian at Animal Care Center in Granite City, holds the kitten rescued from the Poplar Street Bridge.

Driver comes to the rescue of kitten

By Michelle Duell
Staff writer

On a Saturday in May, a fuel truck driver was traveling across the Poplar Street Bridge toward St. Louis, when he saw someone throw what appeared to be a litter out of a car.

But the driver, Brian Palmer of Granite City, noticed that instead of litter, the object was actually a small kitten that someone apparently had tried to toss into the Mississippi River.

Instead of going over the side of the bridge, the kitten bounced off the concrete guard rail and landed on the bridge.

"People were just driving along. Brian, who loves animals, stopped his truck, picked up the kitten and put it in the passenger seat."

— Sheryl Palmer

"People were just driving along."

(See KITTEN, Page 4A)

In the Journal

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5 FULLER'S FORECAST
John Fuller, Meteorologist KSDK-NewsChannel 5

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
90° 59°	87° 68°	87° 69°	88° 70°

Major improvements set for 111

\$3.75 million in IDOT funds to finance other area road projects

By Michelle Duell
Staff writer

Illinois 111, between Chain of Rocks Road and Old Poag Road, will see \$3.75 million in major construction, according to a schedule recently released by the Illinois Department of Transportation.

The schedule includes nearly a million dollars for improvements on other roadways in Madison County from Alton to

Granite City, said state Rep. Steve Davis, D-Bethalto.

Davis, a proponent of the plan, says that the improvements to Illinois 111 will provide additional incentive for businesses to move into the area.

"Whenever you are looking to encourage businesses to develop on a particular property, you always want to be able to highlight the community infrastructure," Davis said. "With the new Enterprise

Zone, the road improvements are going to make this area very enticing for businesses looking to start and businesses looking to expand."

The project will result in widening and resurfacing the existing pavement, in addition to the construction of new pavement, shoulders, curbs and gutters along the highway, according to IDOT. The stretch of road that will be constructed is

(See PROJECTS, Page 4A)

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NEWS

Personal art form: tattoos catching on

By Ron Wisdom
Staff writer

(Editor's note: The following is the first in a series of first person articles that will appear occasionally this summer in your Journal. In these stories, Journal staffers will sample a few of the experiences available in the Metro East area, and share their impressions with our readers.)

I wasn't allergic to dyes as far as I knew. I wasn't on medication. I wasn't intoxicated or high on drugs.

And unless I was kidnapped by aliens in my sleep recently, I was positive I wasn't pregnant.

With a dozen more "no" boxes checked, my signature on the dotted line promising not to sue and cash in hand, I was ready for a tattoo.

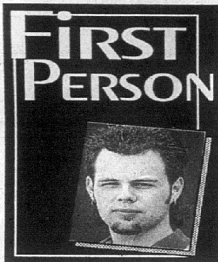
Five minutes later I was in a chair at Doc's Tattoos, 104 S. Center St., in Collinsville. I decided to get a Thunderbird, which, according to the mythology of some North American Indians, is thunder, lightning and rain personified as a huge bird. Being part Native American, the image held special meaning to me and plus, it looked cool, which is a tattoo must. There was never any question as to what I wanted.

I've been carrying a picture of the identical tattoo (that I ripped out of a magazine) in my wallet for nearly three years.

With a "Yeah, I can do that," from Doc himself, it was destiny.

If anyone ever tells you that getting a tattoo doesn't hurt, they're lying.

"The outline's a real bitch," admitted Doc, who's real name



is Brian Herman, (to you, however, his name is "Doc.") "Once that's done the rest isn't bad."

There's something about actually getting a tattoo that makes you a little uneasy, or it did me at least. It was more than just the pain. Perhaps it was the smell of alcohol or the sight of my own blood on my arm (and the fact I was paying someone a lot of money to do it). It could have been the actual tattooing needle, which sounds more like it's electrocuting you than engraving a picture on your body.

Whatever it was, I was nervous. "Little guys like me and you (5'10" to 6 feet in height, 150-175 pounds) do just fine," explained Doc. "It's these big muscle-bound guys that hit the floor."

Doc said he has had hundreds of guys pass out during the process, over his 28 years of tattooing.

"Never had one gal do it, but I had all kinds of guys," he said. "Once, I hadn't even started on this one guy, I just touched his arm with my hand and he hit the floor."

— Brian "Doc" Herman
Tattoo artist

Tattoos can vary from cute little frogs and butterflies to demons ripping out their own hearts and skulls engulfed in flames.

The price can vary as well, depending on the detailing. You can, however, expect to pay a little more for "handling" fees if the tattoo you're getting is on a private part of your body.

"I've done kids just old enough to get one all the way to little old men and ladies that could barely walk through the door," Doc said. "You'd be surprised who has them."

Mine took just under 40 minutes to complete. Doc's longest was 18 hours straight, he said.

As I was leaving, a young guy whose turn was next looked to be changing his mind.

"Don't worry, it's not bad," I said to him as I was dabbing my new bloody creation.

"Sure, I heard what he said about the outline part," the young man replied.



Cheryl Briddell, 17, of Collinsville gets a tattoo from Chuck Schurdell of Carlyle at Doc's Tattoos in Collinsville.



A closeup of T.L. Witt's new tattoo.

Man held in SIUE shooting

Two men wounded in incident after birthday party

Edwardsville police held a 29-year-old Fairview Heights man in connection with a double shooting early Sunday at Tower Lake Apartments on the SIUE campus that apparently stemmed from a birthday party turned violent.

A 28-year-old Edwardsville man, who was shot in the chest, underwent surgery late Sunday at St. Louis University Health Sciences Center. He was expected to recover, said Greg Conroy, a spokesman for Southern Illinois University at Edwardsville.

The second victim, a 50-year-old Edwardsville man, remained in satisfactory condition at Anderson Hospital in Maryville with a bullet wound in the right forearm.

Police, who as of Monday still declined to release the names of the involved, said the three men were drinking Satur-

day night at The Stagger Inn tavern in Edwardsville with a female psychology student from SIUE. The student, who is taking summer classes at SIUE, was celebrating her 24th birthday.

After the tavern closed early Sunday, the men accompanied the student to her Tower Lake apartment on the 400 side of Tower Lake Road, where an altercation broke out, authorities said.

SIUE police released few details about the incident, but a neighbor reported hearing only two shots fired about 3 a.m., inside the apartment where the two men were wounded.

Investigators have not determined the exact cause of the argument or whether it involved the woman, Conroy said. It was unclear Sunday whether police recovered the handgun used in the shooting or identified the owner of the weap-

on. Police also were looking for a fourth man in connection with the incident, but he was not considered a suspect, Conroy said. The fourth man may have been a member of the party and could provide additional information, authorities said.

The two victims were treated by Edwardsville Fire Department personnel and taken by ambulance to Anderson Hospital in Maryville. The more seriously wounded victim later was transferred to the St. Louis hospital.

The student declined medical treatment, authorities said. The men involved in the incident were not affiliated with the university, officials said. The student in whose apartment the shootings occurred was reported to be staying at the home of a friend Sunday, Conroy said.

Homeless council seeks input

By Kimberly Haas
Staff writer

The St. Clair County Homeless Action Council is still looking for members from the county's private sector.

"We really want to hear from the private sector. It's been really quiet," said Fanny Woods, coordinator of the Homeless Action Council.

The 30-member council was initiated in June, as part of the St. Clair County Homeless Comprehensive Continuum of Care. The council is the result of annual federal funding received by the St. Clair County Intergovernmental Grants Department from the U.S. Department of Housing and Urban Development (HUD).

The funding is available for the next three years, said Fannie Woods, coordinator of the Homeless Action Council.

The grants department is preparing to submit the 1997 Homeless Continuum of Care application to HUD for continued funding of the projects.

"We're working on it. We haven't come up with the final figures or projects," Woods said.

The application should be ready by late July and the department should learn whether they will receive the funding by November, she said.

For now, the Homeless Action Council is looking for members from the county's private sector.

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Prostitution Underconduct

By Bob Slate
Staff writer

Four men were arrested after a day afternoon prostitution sting in downtown St. Louis.

The arrests of the latest prostitution sting operation in downtown St. Louis were announced by the St. Louis Police Department. The department conducted several operations during the past few months, over the last one.

"This was our first sting operation in downtown St. Louis," said Police Officer Ruebhausen. "The result of several operations during the past few months, over the last one."

An undercover officers roamed downtown St. Louis after noon. Officers reported that Ruebhausen saw a female officer at the corner of 17th and 17th St.

Arrested a prostitute, officers conveyed the prostitute to the police station. The prostitute was arrested on the corner of 17th and 17th St.

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OBITUARIES

Kelley, Marjorie

"Bernice"
MARJORIE "BERNICE" (HAMM) KELLEY, 82, of Pontoon Beach died at 11:30 p.m. Thursday, June 25, 1997, at her residence. She was born May 11, 1915, in Washington, Iowa.

Mrs. Kelley was a nurse's aid at St. Elizabeth Medical Center from 1969 to 1977. She was of the Protestant faith.

Survivors include one daughter, Sharon Penberthy of Pontoon Beach, and three grandchildren.

She was preceded in death by her husband, Joseph P. Kelley, whom she married March 8, 1944, in San Antonio, Texas, and who died in 1984; her parents, Edward and Tina (Watson) Hamm; and one brother, Keith Edward Hamm.

Services were Monday, June 30, at Irwin Chapel, 3960 Maryville Road, with the Rev. Peggy Duncan Wood officiating. Burial was in Lake View Memorial Gardens, Fairview Heights.

Memorials are suggested to Madison County Hospice.

Friedman, Jack
JACK FRIEDMAN, 75, of Town and

Country, Mo., formerly of Granite City, died Sunday, June 29, 1997, in Town and Country, Mo. He was born Dec. 17, 1921, in St. Louis.

Mr. Friedman was second generation owner/operator of the former Friedman's Furniture Store in Granite City. His father, the late E.A. "Manny" Friedman, was founder of the business.

Survivors include two sons, Mark Friedman of St. Louis County, and Robert Friedman of Columbia, Mo.; two daughters, Judy Goldberg of Indianapolis and Wendy Toler of Manchester, Mo.; three sisters, Leonor Weinhaus of St. Louis County, Nadine Bonney of Colorado and Edith Stigler of Florida; and eight grandchildren.

Gravestone services were Tuesday, July 1, at United Hebrew Cemetery, 7855 Canton Avenue, St. Louis.

Memorials are suggested to the Berger Memorial Service, 4715 McPherson, St. Louis.

Conrad, Jo-Ann L.
JO-ANN L. (MILLS) CONRAD, 68, of Granite City died at 4 p.m. Friday, June 27, 1997, at her residence. She was born Feb. 7, 1929, in East St. Louis.

Mrs. Conrad was a homemaker and member of St. Elizabeth Catholic Church.

Survivors include her husband, Tom Conrad, whom she married Jan. 22, 1949; one son, Douglas T.

Conrad of Granite City; two daughters, Reginald and Patricia Conrad; one son, Lee Ann Champion of Baldwin, Mo.; three brothers, James Richard Mills of Spanish Lake, Mo., Francis Mills of Fairfield, Ohio; and 10 grandchildren.

She was preceded in death by her parents, William Joseph and Mary, Regina (Alvey) Mills; two brothers, J.B. and William; Tancy Mills; and one grandson.

Services were Monday, June 30, at St. Elizabeth Catholic Church in Granite City with the Rev. Thomas Liebler officiating. Burial was in Holy Cross Cemetery, Fairview Heights.

Memorials are suggested to Masses or the American Cancer Society.

Arrangements were handled by Irwin Chapel, 3960 Maryville Road, Granite City.

Motherhead, Raymond
"Doc"
RAYMOND "DOC" MOTHERHEAD, 57, of Pontoon Beach died at 10:30 p.m. Friday, June 20, 1997, at Memorial Medical Center in Springfield, Ill.

He was born Sept. 22, 1939, in Paragould, Ark., he had been a resident of the Granite City area for 35 years.

Mr. Motherhead was employed for the past 30 years by Delivery Network as a maintenance supervisor. He was a member of International Longshoremen Local 1255 and of the Catholic faith.

Survivors include his wife, Mary Jo (Bridges) Motherhead; one son, Billy Ray Motherhead of Granite City; one daughter, Glenda Motherhead of Springfield; his mother, Annie (Whitton) Motherhead of Paragould, Ark.; three brothers, Lester Motherhead of Pontoon Beach, Mo.; Motherhead of Nachodoches, Texas; and Motherhead of Springfield, Mo.; two sisters, Claudine Tylor of Paragould, Ark., and Alvina White of Qu, Mo.; and three grandchildren.

He was preceded in death by his father, Clifford Motherhead; one sister and two brothers.

Services were held Wednesday, June 25, at St. Mary's Catholic Church, Paragould, Ark. Burial was in Pine Lawn Cemetery, Brooklyn, Ark.

Memorials are suggested to Masses or a fund at Magna Bank in Granite City.

Arrangements were handled by Werner Chapel, 3939 Lake Drive, Pontoon Beach.

Foreman, Clifford R.
CLIFFORD R. FOREMAN, 57, of Mitchell died Sunday, June 29, 1997, at his residence.

Born Dec. 5, 1939, in Owensboro, Ky., he had been a Mitchell resident for 34 years.

Mr. Foreman retired in 1996 after 36 years as a bricklayer for Bricklayers Local 65 and 2. He was a member of Emmanuel Baptist Church, Masonic Lodge 677, Bricklayers Local 65 and 2 and was a U.S. Army veteran.

Survivors include his wife, Nina (Gueh) Foreman, whom he married Oct. 8, 1962; one son, Jimmie Sparks of Granite City; two daughters, Laura Foreman and Rhonda Cuvar, both of Granite City; one brother, Bobby Foreman of Owensboro, Ky.; one sister, Opal Townslee of Lady Lake, Fla.; and four grandchildren.

He was preceded in death by his parents, William and Sudie (Casey) Foreman; one son, Clifford "T.K." Foreman, who died May 30, 1987; one brother, Floyd Foreman; and four sisters, Mavis Studer, Kathleen Quinn, Emma Polles and Marjorie Poole.

Services were Tuesday, July 1, at Werner Chapel for Funerals, 3939 Lake Drive, Pontoon Beach, with the Rev. Mullens officiating. Burial was in Valley View Cemetery, Edwardsville.

Memorials are suggested to Special Olympics Area 12 in Memory of Clifford Foreman.

O'Dell, Thelma I.
THELMA I. O'DELL, 81, of Bull Shoals, Ark., died at 11:40 a.m. Saturday, June 28, 1997, at her residence following a one-year illness.

She was born Sept. 21, 1915, in Desloge, Mo., and formerly resided in Kansas City, Mo.

Mrs. O'Dell was member of the Eastern Star and of the Baptist faith.

Survivors include one brother, Phillip Kindel of Granite City; two sisters, Sue Nichols and Paty Ralls, both of Granite City; one daughter-in-law, Peggy O'Dell of Grandon, Mo.; three grandchildren and four great-grandchildren.

She was preceded in death by her husband, Ralph O'Dell, whom she married Nov. 2, 1932, and who died in 1988; two sons, Alan O'Dell, who died in 1959, and James O'Dell, who died in 1963; her parents, William and Grace (Wilson) Kindel; one brother, Richard Donald Kindel; and two sisters, Esther Beck and Ola Mae Munat.

Services are at 10 a.m. today, Wednesday, July 2, at Werner Chapel for Funerals, 3939 Lake Drive, Pontoon Beach, with the Rev. John Gambin officiating. Burial will be in St. John's Cemetery, Granite City.

Memorials are suggested to Hospice of the Ozarks, 701 Burnett Drive, Mountain Home, Ark. 72653.

Cuvar, Martin "Red"
MARTIN "RED" CUVAR, 82, of Edwardsville died at 6:10 a.m. Sunday, June 29, 1997, at University Manor Nursing Home in Edwardsville following a lengthy illness.

Born July 14, 1914, in Granite City, he was a lifelong Granite City-Madison resident prior to moving to University Manor one-month ago.

Mr. Cuvar retired in 1980 from Granite City Steel as a computer system operator in the open health department after 44 years of service. He was a member of Calvary Pentecostal Church, Amvets Post 51, VFW Post 1300 and Steelworkers' Local.

A U.S. Army Technical Sergeant during World War II, he was awarded six Bronze Stars, Good Conduct Medal, DFC Air Medal and the Purple Heart.

Survivors include his wife, Nettie Livonia (Barnard) Cuvar, whom he married March 4, 1960, in Granite City; two stepdaughters, Alta Lucille Wilson of Granite City and Jonnie Williams of Mitchell; 19 grandchildren and one great-grandchild.

He was preceded in death by one son, Steve Cuvar, who died in 1970; his parents, John and Susan (Keele) Cuvar; four brothers, George, Joe, Steve and John Cuvar; and two sisters, Sue Summers and Katie Tosh.

Services were Tuesday, July 1, at Thomas Mortuary, 2205 Pontoon Road, Granite City, with the Rev. Mark Maynard, pastor of Calvary Pentecostal Church, officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Memorials are suggested to Hospice of Madison County.

Tracy, Charles H.
CHARLES H. TRACY, 58, of Gran-

ite City died at 6:11 p.m. Saturday, June 28, 1997, in the emergency room at St. Elizabeth Medical Center. He was born Aug. 29, 1938, in Morley, Mo.

Mr. Tracy retired in 1984 from Proctor and Gamble after 33 years as a stationary engineer. He was a member of Tri-City Park Tabernacle Assembly of God Church in Granite City.

Survivors include his wife, Wanda (Smith) Tracy, whom he married Oct. 23, 1955; his mother, Nettie (Gray) Tracy; two sons, Jerry Tracy of Belleville and Tommy Tracy of Sullivan, Mo.; three daughters, Tracy Green and Tamara Furrman both of Granite City and Jill Hutson of Colorado Springs, Colo.; four brothers, Harry Tracy of Jupiter, Fla., Jim Tracy of Los Angeles, Wayne Tracy of Portland, Ore., and Joe Tracy of St. Louis; 10 grandchildren and two great-grandchildren.

He was preceded in death by his father, George Tracy; and one sister, Glenda Moolozuma.

Services will be at 1 p.m. today, Wednesday, July 2, at Tri-City Park Tabernacle Assembly of God Church, 3400 Maryville Road, Granite City, with the Rev. Archie Strong officiating. Burial will be in Sunset Hill Memorial Estates, Glen Carbon.

Arrangements were handled by Irwin Chapel, 3960 Maryville Road, Granite City.

Adopt-a-pet slated
Madison County Humane Society is holding an adopt-a-pet day from noon to 4 p.m. Saturday, July 5, at PetsMart in O'Fallon.

Puppies, dogs, kittens and cats are available for adoption. The cost of adopting a dog is \$60 and includes a rabies shot, DHPP, collar, leash, id tag and \$15 spay/neuter deposit.

Cat adoptions are \$40 and include FVRCP shots, collar, id tag, and \$15 spay/neuter deposit. F. profits and declawed cats are available.

Tests set for state trainee positions
The Illinois Department of Corrections plans to conduct testing for the positions of Correctional Officer/Youth Supervisor Trainee on Aug. 6 and 7, 1997 at Shawnee Community College, College Road, Ullin, Illinois.

Applications for the positions of Correctional Officer/Youth Supervisor Trainee are available at the office of Senator Evelyn M. Bowles, D-Edwardsville, 40 Edwardsville Professional Park, Edwardsville, 62025 66-8422 or the Illinois Department of Corrections, Central Screening Office, 1301 Concordia Court, P.O. Box 19277, Springfield, Ill. 62794-9277, (217) 522-2666, Ext. 6684 or any State of Illinois Department of Corrections Correctional Center.

Applicants who are interested in testing for these positions must complete a CMS-100 Employment Application. Applications for this test must be received in the Central Screening Office on or later than July 7, 1997.

CORRECTION
An obituary in last Wednesday's Granite City Journal incorrectly reported that funeral services for Raymond "Doc" Motherhead were being held at St. Mary's Catholic Church in Madison. The services were actually at St. Mary's Catholic Church in Paragould, Ark.

The Journal regrets the error and apologizes for any inconvenience it may have caused.

Sign space remains available along this part of the fence at the athletic complex at Granite City High School.

Signs
(Continued from Page 1A)

money for projects for the kids." Parker said the district plans to use the few thousand dollars in revenue to fund programs such as giving athletes their jerseys after their senior year.

Partney said the signs violate the city's sign ordinance, which limits the size of display advertisements.

"The city needs to get out there and enforce our sign ordinance," Partney said. "I was still on the city council, I would have Parker before the board of fire and police commissioners for not enforcing city ordinances. He is sworn to do that."

Partney noted that the city's inspection department tried to force an aldermanic candi-

diate to remove political signs from his own front yard in February because they violated the sign ordinance. The citations against aldermanic candidate John Kabbendian were later dropped by the city's prosecutor.

"If the school district can place illegal signs, then everybody who has a fence should be able to put up signs," Partney said.

Parker said he was unaware that the signs did not meet the city's sign specifications.

"I've heard some complaints (since the signs were placed) and we were going to look into it. I was thinking about going door-to-door (in Luaders Park Estates) and asking the residents what they think," Parker said. "But if they're illegal, we'll do something about it right away."

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• Projects

(Continued from Page 1A)

between Pontoon Beach and South Roxana. "The Illinois Department of Transportation has been very cooperative in listening to our recommendations and suggestions," Davis said. "The projects scheduled for Madison County address many of our concerns."

Other projects in the area include pavement patching and resurfacing along Illinois 67, U.S. Route 67 and other roadways; access control fencing along the Alton Bypass; and more construction of the Vandalabene Bike Trail Extension, IDOT officials said.

A breakdown of the projects includes the following:

• Widening and resurfacing of existing pavement and construction of new pavement, shoulders and curbs and gutters on Illinois 111 between Chain of Rocks Road and Old Poag Road. (\$3.75 million)

• Pavement patching on Maryville Road from Pontoon Road to Chain of Rocks Road in Granite City at Landmarks Boulevard and also to Russell Commons Park in Alton. (\$180,000)

• Access-control fencing along the Alton Bypass from Interstate 270 north to the Cahokia Diversion Channel at Roxana and from the Cahokia Diversion Channel north of Route 143 in Roxana. (\$325,000)

• Construction of the Vandalabene Bike Trail Extension, extending the trail along both sides of Ridge Streets to the existing Clark Bridge Bike Trail at Landmarks Boulevard and also to Russell Commons Park in Alton. (\$180,000)

• Pavement patching, surface removal and resurfacing at the intersection of Maryville Road and Pontoon Road in Granite City. (\$80,000)

• Intermittent resurfacing at six other locations on Illinois 267, U.S. Route 67, and Madison Avenue in Madison County. (\$200,000)

• Kitten

(Continued from Page 1A)

Palmer's wife, Sheryl, a dog groomer, said, "Brian, who loves animals, stopped his truck, picked up the kitten and put it in the passenger seat."

He was some distance behind the car from which the kitten was thrown, Sheryl Palmer said.

Brian Palmer, who transports jet fuel for the International Guard and Lambert-St. Louis International Airport, continued to St. Louis, where he asked paramedics at one of his destinations to examine the kitten.

"They put the kitten in a box," Sheryl Palmer said. "Then on his way back, he stopped (at a restaurant) and called me to see if I could pick it up."

Sheryl Palmer, who works at Belleme Animal Hospital in Granite City, took the kitten to the veterinarian at her hospital. "It didn't even have any blood pressure," Sheryl Palmer said.

Jill Wagenblast, executive director of the Madison County Humane Society in Edwardsville, where the kitten was taken after veterinarian Jeannie Spooner stabilized it, said the kitten's future was touch-and-go for a while.

"The kitten was only four weeks old and weighed about a pound," Wagenblast said. "It needed surgery because its back left leg was broken in several places from landing on the concrete surface of the bridge."

Because of the kitten's small size and low weight, surgery could not be performed to correct the broken leg until the kitten was bigger, she said.

When the kitten, now named Bridget, reached two pounds, veterinarian John Rowe of the Animal Care Center in Granite City was able to operate, Wagenblast said. That was a week ago.

He had to re-break the leg and put a pin in the bone to correct the injury, she said.

"It looks like the kitten will live," Wagenblast said. "Everything seems to be going well." The kitten, now 8 weeks old, is in care of a foster parent in Granite City, she said.

"She looks a little forlorn right now," Wagenblast said. "Her back leg has been shaved and she has stitches. She's going to have to stay in foster care — possibly six weeks."

The Madison County Humane Society paid for Bridget's surgery. She estimated the total cost to be between \$300 and \$350.

"We are taking donations for care we've given to Bridget, Wagenblast said. "So far, we've taken in \$30 to \$50. It would be nice to have a few more."

Wagenblast said donations could be mailed to the Madison County Humane Society at 8495 State Route 143, Edwardsville, 62025.

"We also are taking applications for adoption of Bridget," Wagenblast said.

Sunset Hill Memorial Estates welcomes Ed Besserman to our staff following a 20 year association with the Funeral Profession in the Granite City area. Ed would appreciate for his friends to contact him with any questions regarding cemetery services including Spaces, Burial Vaults and Bronze and Granite Markers.

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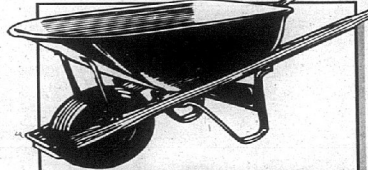
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NEWS

Ceremony remembers Revolutionary War

250 attend unveiling of gravestone for war patriot William Biggs in Glen Carbon

A flash of flags and a roll of drums from the bluffs overlooking the American Bottoms on Sunday forever marked a forgotten chapter in the nation's Revolutionary War past.

Members of the Sons of the American Revolution joined Glen Carbon officials, history buffs and family descendants Sunday to unveil the white marble memorial gravestone for Revolutionary War patriot William Biggs.

The 2 p.m. ceremony drew 250 people to the grave of ancient trees at the restored Nix-Judy Pioneer Cemetery at Illinois 157 and Interstate 270. "We were so delighted because of the community involvement," SAR chairman William Scoggins said. "That makes the day in my judgment."

Authentically uniformed musicians from Alton's Colonial Fife and Drum Corps joined Illinois Territorial Ranger recreators to set the scene around a semicircle of 50 state flags and 13 historic national flags, guarded by uniformed Boy Scouts.

The drill and musketry were the same in Biggs' time, when he served with Col. George Rogers Clark's hand-picked army, nicknamed the "Long Knives," said Ranger Sgt. Major Walt Rainsner of Glen Carbon.

Wood River historian Merrill Rosenthal talked about Biggs' life, from his boyhood in Maryland through Rogers' campaigns at Vincennes and Kaskaskia, as well as Biggs' return to Illinois in 1794, after the war.

Biggs later settled near Peter's Station, married into the prominent Judy family and became the first sheriff of St. Clair County.

He worked to end slavery in Illinois and served in the territorial assembly in Vincennes," Rosenthal said.

Biggs later became a judge and went broke running a salt mine on Silver Creek that used 20 men to produce six barrels of salt per day.

He was honest, with a philosophy of service for the common good, not for what he could gain, Rosenthal said.

Morgan Grace, 3, and her mother, Catherine Biggs-Silvers, descendants who came from Burke, Va., to take part in the ceremony, said they knew about their historical past.

"All the Biggs are into history," said Silvers, one of several dozen

descendants who joined the celebration. Before it was over, they traded family history notes and posed for a group photograph around the military-style stone.

Jeanne Herzog of Belleville, seven generations away from William Biggs, said the family genealogy got complicated early on when sisters Nancy and Mississippi Biggs married brothers Samuel and William Scott.

The family's real historian, Madeline Mills of Tulsa, was unable to attend because of illness, but she knows where everyone fits in, Herzog said.

It was Mills who knew about their ancestor's mural in the St. Clair County Courthouse and that one of his cabins was moved near Waterloo, Herzog said.

Another ancestor, Peter Baumann Jr., was the first Swiss child born in St. Clair County, and his father named the village of Lenzburg. Samuel Scott and Nancy Biggs are buried near Shiloh, a town that once was called Turkey Hill after her ancestor, William Scott Jr., who was referred to as Turkey Hill Scott, she said.

Glen Carbon village historians Joyce Williams and Marilyn Sulc helped SAR planners choose the site for Biggs' grave, which never has been found. He died in 1827 at Samuel Judy's home near the intersection of Illinois 157 and Illinois 162.

Video records of the event are available for \$5 from Channel 6 in Edwardsville, which plans to rebroadcast the ceremony.

— From the Telegraph

•Culture

(Continued from Page 1A)

there will not walk if a sign says, 'Do not walk,'" he said. "They really obey signs. And there's a very intense social pressure to be like the next person — same clothes, same haircut."

Sobol said he made many friends in Hong Kong. "Local students were very eager to meet a Westerner," he said. "There's very little opportunity for that here. My personal opinion is that our American culture is glorified in their media, especially sports. Michael Jordan is bigger than God over there."

"They just have an intense curiosity to experience American lifestyle," Sobol said. "A big question I got was, 'do I carry a handgun?' They believe you just shoot each other to settle disputes in America."

They enjoy soccer, Sobol added. "I played a lot of soccer, he said. "Intellectual work, however, like art, is not highly thought of."

"Many there are big television watchers," he said. "They love to watch Chinese soap operas, especially the men. Their soap operas are very action oriented. Men are big comic book readers, too."

"No students own cars," he said. "If you own a car in Hong Kong, you're very wealthy."

They ride mini buses. "The inhabitants also avoid the sun 'because they feel light skin is more socially acceptable,'" Sobol said. "They go swimming at night."

"I once saw a man walking a pet monkey," he added. "Moneys are the pet of choice — some people have dogs."

Sobol, who is six-foot-two, said many people in Hong Kong would compliment his height. "Local people would ask to take their picture with me, because I was so tall," he said. "And they were so amazed I lived in a house in America, because everyone in Hong Kong lives in a high rise. Houses in Hong Kong you could count on your hand."

The majority of the six million people in Hong Kong are in service and factory jobs, Sobol said.

Sobol said that during his stay there, he used Hong Kong as a base to travel. He visited China, the Philippines, and Macau, which is about 45 minutes away by ferry boat from Hong Kong.

"It's controlled by the Portuguese," Sobol said. "It will revert back to Chinese control in 1999."

"The most amazing tourist attraction I've ever seen is the Great Wall of China," Sobol said. "The great irony is the Great Wall didn't work. It didn't protect Central China from the northern tribes."



Brent Sobol, center, with a policeman and a cabin attendant on a high-speed train traveling between Hong Kong and China.

•Student

(Continued from Page 1A)

because their careers will be advanced." Hong Kong has had Western influence for 200 years, but the people there are Chinese with very strong Chinese values, Sobol said.

"It's interesting," he said. "Chinese government is so different. The government plays a very strong role settling and implementing social and economic policies."

"There are certain things you have to do to be accepted," he said. "You have to be very conservative in both your words and your actions — your behavior."

Hong Kong is only 300 square miles in size with a population of six million people, and most of the land is uninhabitable, Sobol said.

To compensate for lack of space, he said, the people there live in high-rise apartments. Also, the streets are very narrow and instead of driving cars, they travel on minibuses.

Currently, he said, "Hong Kong has a very successful surplus budget. It has a 15-percent income tax. Good social services with a lot of emphasis on the family unit. There are many free social events, and public parks are everywhere. Public transportation is very clean and effective. It's just a very well-managed society."

Sobol said he hoped that doesn't change. While he was in Hong Kong, he said, there was a large clock that counted down in seconds the time left before Chinese rule began.

"That started about three months before I left," Sobol said. Sobol also said that the next hottest issue in China will be Taiwan and a fight for Chinese rule there.

"That's going to be a real hot issue," he said.

SIUE nursing students win honors

Thirty-six Southern Illinois University at Edwardsville nursing students recently were inducted into the Epsilon Eta chapter of Sigma Theta Tau.

Founded in 1922 at Indiana University, Sigma Theta Tau has grown to more than 300 chapters. Membership in the honor society is awarded to undergraduate, graduate and doctoral nursing students who achieve high scholastic averages and to graduates of programs who have made outstanding contributions to nursing. Students must have at least a 3.0 grade point average on a 4.0 scale and be in the upper one-third of their class to qualify for membership.

The inductees, listed by hometown, include: Belleville: Stephen B. Bednar, Carol Eckert, Anne Palst; Edwardsville: Meredith McDonald, Shauna Wilke; Fairview Heights: Bernadette K. Mordis.

Freeburg: Laurie Sinn; Granite City: Joni Fraley; Lebanon: Sarah Tramm; O'Fallon: E. Jan Friederich, Tim O'Connor, Vonda K. Walker.

Red Bud: Stacy Stelthorn; Waterloo: Cynthia M. Whitcher.

Automatic property tax payments set

William J. "Bill" Aery, Madison County Treasurer, recently announced that his office is again offering a plan for taxpayers to have property tax payments automatically withdrawn from their checking or savings accounts. To participate a taxpayer's depository must be located in the contiguous United States and accept ACH debit transactions.

"We all agree that the individual taxpayer is the best steward of their money. With that in mind many people try to time their mailing to hit on or near the due date. There is always some uncertainty in this procedure," Aery said. "With the automatic withdrawal of their payment on the business day prior to the penalty date, this fear is removed. Taxpayers keep their money earning interest until the last possible minute, and the taxing districts get their taxes paid on time."

The service is being offered as a convenience to taxpayers. To participate fill out the green authorization form enclosed with your tax bill or call 682-7470 Ext. 6518 to obtain one.

Suffrage exhibit at Columbia library

In part because Illinois was the first state east of the Mississippi River to grant women the right to vote, a state exhibit on women's suffrage will be on display at the Columbia Public Library through Saturday, July 12. It went up Monday.

The exhibit was brought to Columbia through the interest and efforts of Columbia City Assistant Clerk Donna McHaffey and Columbia Librarian Wanda Ketron. McHaffey saw the exhibit at a recent convention of the Illinois Municipal League told Ketron about it and

Ketron applied for the exhibit to be shown at the library. A handout with the display treats the history of the women's suffrage movement. It states that women received their training in organizing suffrage groups by being involved in the abolition movement and aiding injured Union soldiers during the civil war.

The exhibit can be viewed Mondays through Wednesdays from 9 a.m. to 3:30 p.m. and from 9 a.m. to 5 p.m. on Thursdays through Saturdays.

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Shell starting to turn profit, officials say

ROXANA — The Shell Wood River Refining Co. plant is a fine refinery that is starting to turn a profit after losing money for 10 years, Shell officials said at a public panel discussion Thursday night.

Phil Schwin, Shell Wood River president and chief executive officer, said the plant made \$4 million in 1996 but needs to do better if it is to continue to survive.

"We are on more stable ground than we were five years ago," he said.

Schwin was one of four panelists, top company executives, who spoke to a polite crowd of about 40 residents at the Rox-Arena.

He said the survival of Shell in Roxana is a good thing, not only because of the 1,100 jobs that remain but because of spin-off businesses, like BOC Gases.

He said if the Shell plant had not survived by cutting costs, it would not have been around to be a customer of BOC Gases in Hartford. Shell buys nitrogen from BOC to purge its equipment and oxygen to enhance its gasoline production process.

Schwin said troubles at Shell began about 10 years ago when larger, more efficient refineries along the Gulf of Mexico started shipping gasoline and other products by pipeline to northern cities, making it impossible for refineries around here to compete.

"This plant and others in this market had to become more efficient or else were out of line," he said, adding that the plant lost \$100 million between 1980 and 1993.

"Serious consideration was given to closing it down. A dozen refineries in the mid-continent area did shut down."

He said Shell then laid off workers to cut the payroll from 1,600 to 1,100. Other cost-cutting measures were taken.

"Now, we are clearly on more solid ground. There is no longer talk of shutting down."

He said there will be more reductions in the labor force, but it will happen through attrition.

Meanwhile, the plant has to generate enough profit to justify the expense of investment and day-to-day operations. The industry standard is about a 12 percent return

on investment, he said, although he could not cite a profit goal for the refinery.

Schwin emphasized that officials want to be good neighbors and the statement is not just lip service. He said being good neighbors makes the workers proud of their employer, and therefore, better workers.

Schwin also said he is sorry for the assessment reductions that began three years ago and dealt a huge financial blow to the schools, but the assessed value of the plant was too high and hurting the profit picture and chances of survival of Shell Wood River.

If profits go up, assessments go up, the plant will start paying more taxes, he said.

Meanwhile, Shell officials are trying to work with the schools to provide some of the same help when assessments were cut.

Roxana School Superintendent Jim Herndon said that while he disagrees with Schwin on the need to cut assessments, he has found Shell to be helpful to the school district.

Some other highlights of the meeting:

Environmental engineer Joe Brewster told about the waste water treatment plant that removes 95 percent of the contaminants from the water from the plant before it is put into the Mississippi River. He said the water has been found to contain no toxic elements.

Brewster said the first Shell water treatment plant was built in 1957 at a cost of \$1 million. The upgrades between 1980 and 1995 cost \$100 million. He said 4,000 gallons of water a day are taken out of wells beneath Shell property and used to cool the equipment.

Richard Gerth, vice president for technology, said one of the plant's main goals is to provide a safe environment. "We can't be successful if we injure our employees, release hydrocarbons into the environment or have fires in our plant," he said.

"Part of our culture is that all accidents are preventable."

— From The Telegraph

Bill provides for custody of sex offenders

People imprisoned for violent sexual crimes could be held after they finish their sentences if Gov. Jim Edgar signs a bill approved unanimously by both houses of the Illinois Legislature.

The legislation would authorize civil proceedings to keep people in custody if they are found by a judge or jury to have a mental disorder that creates a substantial probability that they will commit new acts of sexual violence.

The bill has the wholehearted endorsement of Madison County State's Attorney William Haine, but John Rekowski, the county's public defender, thinks it's a mistake.

"This is a well-done piece of legislation," Haine said. "It's a very reasonable response by society to sexual predators. I congratulate (Illinois) Attorney General (Jim) Ryan for proposing it."

The proposed Illinois law is similar to a Kansas law found to be constitutional by the U.S. Supreme Court in a decision announced last Monday. In a 5-4 vote, the court overturned

a decision by the Kansas Supreme Court, which ruled the law that allowed Kansas to hold admitted pedophile Leroy Hendricks had violated his rights to due process.

"That's the dumbest decision I've heard of in years," Rekowski said. "It flies in the face of everything this country stands for. If you serve your sentence, you should be turned loose."

Rekowski said such laws involve judges and juries in "the inexact science of trying to predict criminal behavior." If society feels sex offenders deserve longer prison terms, the sentencing laws should be changed, he said.

Rekowski said a civilized society that decides to lock people up because they're sick also would provide treatment for them.

Haine said Rekowski is "worried about the constitutional rights of those who have forfeited their rights because they are a danger to other people."

He said the law targets only a narrow class of people —

those who have committed violent sex crimes and are considered to still be dangerous.

"These are terrible crimes that scar children and adults for the rest of their lives," Haine said. He said public safety is the first responsibility of any government.

Rekowski said, "If someone should go to jail for 30 years, give him 30 years, but don't sentence him to 10 years and then hold onto him. We're going to hold onto people for the rest of their lives, and they're under no obligation to do anything to make them less dangerous. We'll just warehouse them until they die." The Illinois legislation would authorize the attorney general or the state's attorney of any county to petition for the continued confinement of a violent sex offender about to be released.

It would apply not only to people convicted of crimes but those who have been found delinquent or not guilty by reason of insanity, mental disease or defect.

The state would be required to prove beyond a reasonable doubt to a judge or jury that the person suffers from a mental disorder that creates a substantial probability that he will commit more such crimes.

People committed under the proposed law would be placed in the custody of the Illinois Department of Human Services for secure institutional care or conditional release.

Such commitments would be reviewed after the first six months, then at yearly intervals.

In all such proceedings, the person subject to commitment would be entitled to the constitutional rights available to a criminal defendant, as well as the services of an expert witness — all at county expense if he is indigent.

— From The Telegraph

Caseyville woman nominated for award

Belleville Area College has nominated 1997 graduate Elliott of Caseyville for the Illinois Community College Trustees Association's 1997 Distinguished Alumnus Award.

Elliott is one of 23 individuals nominated for the annual award, which promotes the success stories of Illinois' community college alumni.

Candidates for the Distinguished Alumnus Award are nominated by their colleges based upon such criteria as outstanding achievement in the nominee's chosen field; community involvement; volunteer or professional honors received; and personal or professional obstacles overcome.

In addition to her associate degree from BAC, Elliott holds

Kimberly Shaw Elliott is one of 23 individuals nominated for the annual award, which promotes the success stories of Illinois' community college alumni.

three advanced degrees from Washington University, including two from its School of Law. In 1985 she joined the staff of the General American Life Insurance Company, headquartered in St. Louis, as assistant general counsel. She now serves as Regional Marketing Director of its St. Louis office.

Elliott will join her fellow Distinguished Alumnus Award

nominees at a special June 20 awards banquet in Oak Brook, Ill. The event is being held in conjunction with the Trustees Association's 27th Annual Convention.

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AUTOMOTIVE

Montero Sport smaller, lighter SUV

By Tom Strongman

Sport-utility vehicles (SUVs) are hotter than Phoenix in August. More than 2.3 million vehicles or one in every six vehicles — sold this year will be an SUV. In 1999 just under a million were sold.

This explosive growth has resulted in a flurry of new models targeted at both upper and lower ends of the segment. Mitsubishi is offering a smaller, lighter and less expensive Montero Sport to buyers who don't want to spend \$40,000 for an SUV. Prices range from just under \$18,000 for the four-cylinder, two-wheel-drive ES, to just over \$30,000 for a loaded, V-6-powered four-wheel-drive LS, which is what I drove.

Although the Montero SR always has been one of my favorite SUVs, I like the Sport because it feels more nimble, costs less and rides like a luxury sedan.

Around town, it swallows choppy or broken pavement without roughing up the passengers. Thanks to a lower center of gravity, it doesn't lean into turns like a giraffe fighting for balance. Road and wind noise are held nicely in check.

Mitsubishi is not alone seeking to create a car-like ride for its SUV, because more than 90 percent of SUVs are driven on the street and see little, if any, off-road use.

The 3.9-liter V-6 engine, with 173 horsepower, is both smaller and less powerful than the larger Montero's 3.5-liter, 200-horsepower unit. Even though the Sport weighs less, I could feel the smaller engine's lack of mid-range torque, or pulling power, when pulling out to pass or climbing hills. Downshifting to a lower gear was easy with the button on the gearshift lever.

The Sport shares the same frame and 107-inch wheelbase with the standard Montero, but it has seating for five instead of seven, two engine choices and can be ordered in two-wheel as well as four-wheel drive.

Like the regular Montero, the four-wheel-drive Sport is more than capable of handling the rough stuff should you choose to do so. A shift-on-the-fly four-wheel-drive system has a two-speed transfer case for extra slow going should you need it. A five-speed transmission is standard and an automatic is optional. Four-wheel-drive models also can be equipped with a limited-slip rear differential that enhances its off-road capability.

Four-wheel disc brakes are standard on four-wheel-drive models, but anti-lock is optional.

The massive, 15-inch alloy wheels and optional fender flares give it a tall, rugged stance, while skid plates protect vulnerable parts underneath.

Even though the "greenhouse," or window area, is not as tall as the regular Montero, visibility is good for city driving. The large rear hatch has a giant back window that is not only attractive but provides a wide rear view.

Inside, much of the interior will look familiar to Montero owners. The biggest difference is a round-



Like the regular Montero, the four-wheel-drive Sport is more than capable of handling the rough stuff.

ed, less-angular dash that has softer curves and less of a truck-like look. The only glitch I noticed was when the cup holder is pulled out, it blocks access to the radio.

And speaking of the radio, the tiny buttons are not the most user-friendly design, yet sound quality was quite good.

Climate controls, with rotary knobs, are mounted high in the center of the dash. Given the location of the cup holder, it might make sense to swap the location of the radio and heating controls.

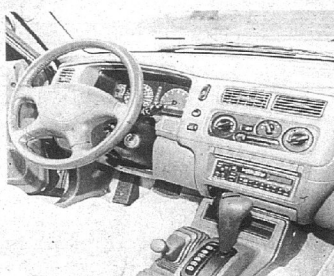
To fold down the 60/40 back seat you have to tumble the bottom cushion forward and remove the headrests, which is less handy than designs that have the seat back fold over the seat cushion.

Around back, the large tailgate opens wide to reveal two sets of storage compartments under the load floor. This is an area that usually gets wasted, and putting these little bins there is not only clever but useful. Plus, they give a measure of security for small items you don't want in plain view.

Our test car's tweed upholstery was inviting, and the front seats were comfortable because of long bottom cushions.

The base price of our Montero LS was \$23,970. It was equipped with options of anti-lock brakes, air conditioning, alloy wheels, chrome grill, fender flares, side steps, power sun roof, cargo net, upgraded stereo, power windows, compact disc changer, roof rack, wheel locks and rear window deflector.

The sticker price was \$31,091.



The basic warranty is for three years or 36,000 miles.

Point: The Montero Sport is smaller, lighter and less expensive than the Montero SR. It is plush and quiet yet is capable of moderate off-road use.

Storage bins under the rear load floor are a nice touch.

Counterpoint: The engine seems to lack mid-range power when climbing hills, and the cup holder blocks the radio. Folding down the back seat could be easier.

Points & Plugs

By Rick Stoff

A Texas legislator has proposed a law that would allow motorists to use coupons to avoid getting tickets for speeding up to 10 miles per hour over the posted speed limit.

The coupons, to be sold along with state lottery tickets for \$15 to \$100 (price still undetermined), would enable a motorist stopped for speeding to continue on his or her way without further ado.

Not that generating revenue is any factor in speed enforcement.

There can be no clearer explanation as to why BMW and Mercedes-Benz are building vehicles in the U.S. and Porsche is building Boxsters in Finland.

With demand for the new Boxster, exceeding Porsche's own production capacity, it has contracted with a Finnish firm to build 5,000 annually. Why build them in Finland rather than in the German Karmann plant that has built Porsches and Volkswagens for decades? The cost of labor in Germany.

According to the Verband der Automobilindustrie E.V., the German auto manufacturers' association, labor costs average \$37.10 per hour in Germany compared to \$16.20 in England, \$23.20 in the U.S. and \$25.10 in Japan.

Mazda Motor Corp. is becoming more tightly linked to Ford. Ford has increased its seats on Mazda's board of directors to eight of 35 and now has its executives in half of Mazda's top managerial positions.

Automotive consumer surveys are getting to be as common as flies at a picnic, but here's another one, this time the Strategic Vision Total Quality Experience Index. The consulting firm said consumers rated Saturn tops in sales and service experience with a score of 905 points out of a possible 1,000.

In the under-\$20,000 category, Volkswagen was second to Saturn, with a score of 839, and Honda was third at 826. For cars costing \$20,000 to \$30,000, the leader was Saab at 875, followed by Oldsmobile (864) and Buick (861). In the over-\$30,000 class, the top three were Lexus (904), Jaguar (899) and Mercedes-Benz (888).

The scores were based on responses given by 31,000 people who bought cars last October, November and December. Overall, last year's scores were 7 percent higher than those measured in 1995.

It costs a lot of money to take weight out of a car. That's one reason the little, 2,600-pound Plymouth Prowler roadster costs \$39,000. Plymouth says the Prowler contains 900 pounds of aluminum, which makes the car 21 percent lighter than an all-steel car.

Unique aluminum brake rotors alone took 15 pounds off the car's weight. Some aluminum suspension components are injection-molded like plastic, allowing them to be produced without machining. Aluminum body panels are riveted and glued together to reduce the need for welding.

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If someone were to ask of my biggest change since I began high school coaching in 1983, I'd have to refer to being more positive. It's just too easy to be negative.

No wonder, then, why I enjoyed the positives of this summer that included the following...

Recently I spoke with Dennis Pieper, the outgoing baseball coach at McKendree College, whose eight years there concluded with a 19-18 record last spring.

To his credit, Pieper preferred to dwell on the annual Valmeyer Mid-Summer Classic baseball tournament, which as the coach of the host Valmeyer Lakers he will try to prevent Granite City from a fifth consecutive championship.

As a matter of fact, Valmeyer has not won its own tourney since 1980, which might be related to the team's time invested in preparing Borsch Memorial Field as a baseball centerpiece for a July 4 weekend that includes a parade, music and fireworks.

From a baseball standpoint, the Friday, July 4 pairings represent some of the best competition the two-state area could offer. Millett plays St. Louis O.B. Clark at 9 a.m., followed by East Alton vs. the St. Louis Friars at 11:30 a.m.

Granite City vs. Beckmeyer at 2 p.m. and St. Louis KMOX vs. Valmeyer at 4:30 p.m.

Winners and losers bracket games will be played on Saturday, with championship Sunday featuring games at 10 a.m. and 12:30 p.m. prior to the 3:30 title affair.

"These St. Louis teams and Beckmeyer of Clinton County really add variety and a challenge for the Mon-Clair League teams," Pieper said.

Meanwhile, the 50-year-old coach, who helped build an impressive baseball and softball team at McKendree and led the Bears to a postseason tourney bid this season, said how proud he was of his Lakers — who had won 12 of their first 16 games during a rain-plagued summer schedule.

EXTRA INNINGS: To say the least, the first annual St. Louis Sports Commission Redbirds Awards Banquet, held June 19 at Busch Stadium, was a success.

A tribute to St. Louis-area high school baseball and softball team champions, the banquet featured Cardinals announcer Bob Carpenter as master of ceremonies and former major leaguer Joe Cunningham as a guest speaker.

Sponsors included All-Star Distributing, American Direct Mail, Charter Communications, Hysel Properties, KPLR-TV and Sports State.

Of the 49 schools recognized, three from Illinois had champs in both sports — Belleville East (Southwestern Conference), Highland (Mississippi Valley) and O'Fallon (South Seven).

Among those present was Ring Devine, a Sports Commission vice president and scout for the Philadelphia Phillies.

When I mentioned a mutual friend, Jack English of Belleville, Devine recalled playing for a Maryland Heights, Mo., team in the late 1950s in a game against the Belleville Stags minor league team.

Once a general manager of (See ART, Page 3B)

North kickers good as gold

Region 10
captures 3rd
straight titleBy Patrick C. Heston
Staff writer

Some things change. The Southwestern North open women's soccer team had not allowed a goal in Prairie State Games competition in over two years, outscoring opponents 54-0 on the way to successive gold medals in 1995 and 1996.

But after winning its first two games this year by a cumulative 13-0 score, Region 10 allowed two goals on Saturday and another pair Sunday.

Some things never change. Despite the four goals allowed, coach Gene Briggs' team did it again. Southwestern North bullied its way to a third straight gold medal, blasting by West Central South 5-2 in the 14th annual games.

Smarting from a 2-2 tie with North Shore on Saturday, Crystal Timmons (center) settles. The Southwestern North women's scholastic soccer team captured a silver medal Sunday at SIUE, while the open women's team took the gold.



(Staff photo by JOHN FRESE)

Crystal Timmons (center) settles. The Southwestern North women's scholastic soccer team captured a silver medal Sunday at SIUE, while the open women's team took the gold.

Southwestern North regrouped, riding a pair of goals from Granite City's Staci Dowdy and an unbelievable one-bouncer from 50 yards off the foot of Bethalto's Holly Houston to

capture the gold. West Central South struck first on Sunday when Rebecca Mays found the net just eight minutes into the contest. But Southwestern North came right

back only a minute later to tie the game 1-1 on a goal by Carrie Bechtold. Dowdy's strike gave the two-time defending champs a 2-1 lead. (See REGION 10, Page 3B)

North men
top South,
net titleBy Patrick C. Heston
Staff writer

Coming off a disappointing bronze medal finish in the 1996 Prairie State Games, the Southwestern North open men's soccer team was determined to improve on that finish this year. Nothing short of gold would do.

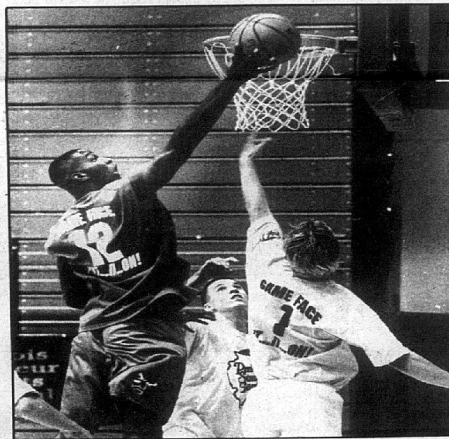
That goal was reached on Sunday as Region 10 overwhelmed Southwestern South 4-1 in an all-area championship clash.

SOCCER

It was a dominant win as Southwestern North determined the tempo of the game and controlled play at both ends of the field.

North jumped to a 2-0 lead on goals by Justin McMillian (Granite City) and Matt Holschouer (Holschouer's score came on a penalty kick and effectively broke South's back.

Dan Keys kicked South within 2-1 just minutes before half. (See NORTH, Page 3B)



(Photo by KEN AUBUCHON)

Region 11 men's player Kimon Green of East St. Louis Lincoln beats a defender to the basket.

North Shore trey
sinks South menBy Karen Vartanian
Staff writer

The North Shore scholastic men's basketball team broke open a close game late and downed Southwestern South 108-93 Sunday for its second straight Prairie State Games gold medal.

Action was held at the Vandalia Center on the Southern Illinois University at Edwardsville campus.

"They just outthrust us. They wanted this more," Region 11 player and recent Mascoutah High graduate Kelly Norwood said. "We played one more game than the rest of the teams in the tournament. That probably took a little bit out of us. They wanted it more than we did, I guess."

Specifically the Region 2 duo of Mike Howland and Lucas Johnson (the younger brother of University of Illinois men's player Brian Johnson), who each notched 23 points.

"(Johnson) is a heck of a player," North Shore coach Dan Powers said of Johnson,

BASKETBALL

who is being recruited by several Big Ten schools. "He was really, really big for us. And (Howland) is tough. He's got great, great skills. He shoots the three as well as anyone I've taught. He does a great job of setting up the other guys, too. I thought Mike was really a key to our team taking the gold medal."

"I'm really happy with what we did down here."

Howland delivered the back-breaking bucket, with 2:02 remaining. Southwestern South had whittled a 10-point deficit to 97-93 when Howland buried a crushing 3-pointer for a 100-93 lead. Southwestern South would not score again.

"He had not been hitting his shot most of the game," Powers said. "That's the type of kid, even if he's off most of the game, you've got to have him in the game during crunch time. Him and Lucas Johnson."

"That team was a very good team we just played. They (See SOUTH, Page 3B)

Smith, Region 11 cruise to title

By Karen Vartanian
Staff writer

For the third straight year, the Southwestern South scholastic women's basketball team has struck gold.

The Region 11 women completed their Prairie State Games gold medal trifecta by flogging Blue-Gray South 101-78 Sunday at Southern Illinois University at Edwardsville's Vandalia Center.

Carlyle High standout Courtney Smith, who will play basketball at SIU-Carbondale next year, paced Southwestern South with 25 points. She notched 16 in the decisive first stanza when Region 11 assumed a commanding 55-33 advantage.

BASKETBALL

"At times, I guess everybody just looks for her," said Southwestern South coach Doug Haas, who coached last year's gold medal team. "As soon as the player gets the ball, they realize how good she is, and they look for Courtney. She created a lot of things. Not only can she score, but she creates a lot as far as the other players drawing two people on her where she can dump the basketball off."

"She (also) does an excellent job defensively."

Haas said his club's double overtime win Saturday night was paramount, as Southwestern South overcame a late 10-

point deficit to upend North Shore 107-105.

"That really turned the tide for us," said Haas, the O'Fallon High girls coach. "The girls really learned then that they need to play together and that they just executed our offense (Sunday) to a 'T.' The girls just did a fantastic job. We were hitting our shots."

Southwestern South bolted to an early 13-6 lead Sunday before Region 4 drew within 20-19 midway through the first half.

But a 17-3 burst, capped by two free throws by Jamie Tyler (O'Fallon), staked Haas' outfit to a commanding 37-21 lead.

(See WOMEN, Page 3B)

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SPORTS

Cardinals Team of the Week

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The Renegades girls softball team, with players from six local schools, won the Metro St. Louis ASA fast-pitch 16-and-under open invitational June 6-8 in Florissant, Mo. Team members include (front row from left) Christen Mink, Debra Krueger, Kari Gauch, Kristin Farnen, Kelly Torisky and (middle row) Leticia Dori, Beth Hudnall, Jeanine Farnen, Lynn Torisky and Cassie Behrmann. The team's coaches are (back row) Rich Gauch, Larry Matysik and John Torisky.

SPORTS SHORTS

Stephens Leads NCAA-II in Triples

Jeff Stephens, a shortstop from Granite City, tied for the national lead in triples (.11) among all NCAA Division II players, according to the final NCAA Division II baseball statistics report. Stephens was also 24th in the nation in scoring, averaging 1.31 runs scored per game.

Tennis Lessons

Tennis Lessons will be offered from 8:30-10 a.m. Monday through Friday, starting June 30th for ages 8 to 99. Lessons are sponsored by the Venice Park District and the Madison Recreation Department. Fr. George Smith is the instructor.

Elks Soccer Tryouts

The Elks '85 girls division soccer team will hold open tryouts for girls born after August 1, 1984 for the 1997-98 competitive season. Tryouts will be held at Belleville Area College, 4000 Maryville Rd., Granite City, Ill., on July 15 and 24 at 6 p.m. All candidates must be at least 15 minutes early, wearing a white shirt and shin guards. They must bring a size inflated soccer ball, drinking water and a copy of their birth certificate. For more information, call 797-1899.

nowmonkeys Soccer Tryouts

The Collinsville United nowmonkeys boys' under-11 late of birth after August 1, 1986 will hold open tryouts for the 1997-98 competitive season. Tryouts will be held at Van Poyssan Soccer complex on McDonough Lake road in Collinsville, Ill., on July 1 and 16 from 6-8 p.m. Candidates should wear white shirts, shin guards and soccer shoes, and must bring a properly inflated size 4 soccer ball and drinking water. New players must bring a non-returnable copy of their birth certificate and a small passport type photo. For more information, call 5-9392 or 931-9006.

DeMolay Advance To State Soccer Finals

The James Stuart Chapter team of DeMolay Soccer team defeated C.E. Dagenhart

Chapter, Bloomington, 2-1 in a semifinal soccer game at the Illinois DeMolay's Brotherhood Weekend at Lake Story, Galesburg, Ill., on June 21. Goals were scored by David Cook and James Watson. Other team members are David Cook, Craig Harris, Craig Mooshagian, Chris Roberts, Derek Smith, Adam Schilling, Dan Watson and James Watson.

Soccer Tryouts

The Independent Ladies Soccer Team will hold its tryouts for the 1997-98 select soccer season on July 8th and 10th from 6:30 to 8:30 p.m. at the Maryville Sports Complex on Highway 159.

Girls born on or after August 1, 1983 are eligible. Shin guards, a No. 5 soccer ball, drinking water, a school photo and a birth certificate are required. For more information, call 344-2702.

Baker's soccer camp

Gene Baker's soccer camp, in its 24th season, will be held July 21-25 at the Belleville Area College complex in Granite City. The camp will run 9 a.m.-noon daily and is for ages 8-18. Game fundamentals, disciplines and habits will be taught. The cost is \$75. To register, or for more information, call (314) 385-2374 or write to 1761 Vista Ridge, St. Louis, Mo., 63138.

Elks Girls Soccer Tryouts

Tryouts for the ELKS 82/83 Girls Soccer Team for girls born after August 1, 1981, will be held on July 2 and 3 from 6-7:30 p.m. at the ELKS Soccer complex at BAC in Granite City. For information, call 931-2669 or 877-0314.

The ELKS '82 Girls Soccer Team will hold tryouts for the 1997-98 select soccer season on July 6th, 7th, 27th and 28th from 5:30-7 p.m. at the Granite City Elks Sports Complex located at the Granite City campus of Belleville Area College located on Maryville Road. Tryouts

are open to girls born on or after August 1, 1981. Interested players should bring shin guards, a No. 5 soccer ball, drinking water, a school photo and a birth certificate. For more information, call 451-1536.

T-ball registration

The Venice Recreation Center will hold T-ball registration for ages 3-6 3:30 p.m. June 17 and 20. Games will be played 5-6 p.m. every Tuesday, beginning June 24.

There is no fee. For more information, call Anna Claggett at 451-7291.

Flo Valley camps

New Florissant Valley Community College basketball coach Larry Graham will offer two sessions of individual fundamentals camps at the Florissant Valley gymnasium, one for grades 3-8 (including incoming ninth graders) and another for high schoolers (including incoming 12th graders).

Session 1 runs 10 a.m.-noon July 14-18. Session 2 runs 10 a.m.-noon Aug. 11-15. The camps will feature fundamentals of individual offense and defense, proper shooting techniques, ballhandling and rebounding, participation in shooting contests and games, team competition and contests against players of similar abilities.

Awards will be presented for each age group, and each camper will receive a free camp T-shirt. The camp will be conducted in the gymnasium, located in the physical education building. The cost is \$25 for one session or \$40 for both.

A concession area will be open each day and parents are encouraged to watch. For information or to register, call 595-2283.

Football registration

Mathews-Dickey East will hold football registration for children ages 7-14 at Lee Park in Venice. Registration is open to residents of the Tri-City area.

Registration will be held noon-2 p.m. June 28, July 5, July 12, July 19 and July 26. For more information, call Vincent at 876-4169.

Softball tournament

The Granite City Park District will host a softball tournament for both men and women in conjunction with its 4th of July celebration.

The tournaments will be double elimination and will run from July 2-6 at George Skyes Field. The entry fee is \$70. Register at the Wilson Park office before 5 p.m. June 30. Trophies will be awarded for first through third place in each division.

For more information, call Ray Hoffman at the Wilson Park office (877-3059).

Mud volleyball

The Granite City Park District will host a coed Mud Volleyball Tournament in conjunction with the Patriots in the Park celebration. The tournament will be held July 5-6 behind Niedringhaus School and will feature five-on-five competition.

The entry fee is \$25 and must be paid at the time of registration. Register at the Wilson Park office before 5 p.m. July 2. The tournament is limited to the first 16 teams that register. There is a maximum of 10 players per team. For more information, call Ray Hoffman at 877-3059.

Golf scramble

The Legacy Golf Course, in conjunction with the New Life Evangelistic Center, is sponsoring the Legacy Open Two Person Best Ball tournament July 19-20 at the Legacy.

The entry fee is \$60 per golfer and includes greens fees for both days. For more information, call Sandy or Mike at (314) 726-4653 or 931-4653.

Elks '86 tryouts

The Granite Elks 1986 girls soccer team will hold tryouts for players born Aug. 1, 1985 through July 31, 1986. The tryouts will be held at 5 p.m. July 7, 9 and 14 at the Belleville Area College Campus in Granite City.

All candidates must arrive wearing white shirts and shin guards, and bring a size 4 soccer ball and water. For more information or for a rain date, call 931-3053 or 931-8207.

Soccer tryouts

The Coca-Cola Soccer Club will hold tryouts for its girls (See SHORTS, Page 4B)

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VOLLEYB

By Garen Vart

Through two hard-fought points, South open men on the brink of Pioneer in 15-13. Tied at 15-13 Region 11 was severing a three game skid to F. Southwestern short, as Region points for a 17- Illinois University Fitness Center. "We're right Southwestern Ryan Kostel, disappointing.

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(Continued fr

edge, but La minutes later. It looked li Houston's inc onds from the Houston, wh versity, locted yards. It bou over a stunned for a 3-2 South. "That's pro scored since said Houston. "It was a sh sure I really that far out. in on goal an "It was so. "But when y area, good th Southwestern

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SPORTS

Pioneer holds off Region 1 spikers

VOLLEYBALL

By Garen Vartanian
Staff writer

Through two grueling matches and 90 hard-fought points, the Southwestern South open men's volleyball team was on the brink of elation Sunday against Pioneer in the Prairie State Games. Tied at 15-15 in the third match, Region 11 was an eyelash within severing a three-year, gold medal game skid to Pioneer.

Southwestern South, however, fell short, as Region 3 tallied the final two points for a 17-15 win at the Southern Illinois University at Edwardsville Fitness Center.

"We're right there with them," Southwestern South team member Ryan Kostel, of Belleville, said. "It's disappointing that they divided the

regions. We would have been a much stronger team and could have won the entire tournament."

In addition to the new regional alignment, Southwestern South's limited depth was a factor, as it had just six players Sunday.

"I can't name one thing," Kostel said of Southwestern South's inability to knock off Pioneer. "There are so many things that go into it. We need more depth, and we lacked a little experience. We needed a few more players."

Still, Kostel would not use fatigue as an excuse.

"We were all pretty psyched up about it," he said of playing for the gold medal. "It was the finals."

Southwestern South appeared headed for a victory in game one, grabbing 8-5 and 12-9 leads.

But Pioneer, which edged fellow Pool A representative Southwestern South

17-15, 15-12 on Saturday, rattled off five straight points for a 14-12 lead before each team exchanged seven sideouts.

Southwestern South eventually drew even at 14-14, but Pioneer recorded the final two points for a game one win.

In game two, Pioneer bolted to 5-2 and 11-6 leads before Southwestern South came charging back.

Amid six sideouts, Southwestern South, which completed the weekend at 3-2, managed three points and an 11-11 tie.

Consecutive rallies vaulted Pioneer ahead 13-11. Following seven sideouts, Southwestern South closed to 13-12.

Pioneer made it 14-12 and had two opportunities for a two-game sweep. But resilient Southwestern South ripped off the final four points and posted a 16-14 win.

Game three was much the same, as both teams were tied at 11, 12, 13, 14 and 15 before Pioneer finally pulled

away.

NOTES: Southwestern South opened play with three matches on Saturday. It defeated Blackhawk South 15-11, 15-5 before falling to Pioneer. Southwestern South concluded Saturday by dumping Blue-Gray South 15-9, 15-6.

In the semifinals Sunday, Southwestern South clubbed North Shore 15-9, 15-7.

Playing in Pool B, Southwestern North (Region 10) lost its opening-round match to eventual bronze medal winner Blue-Gray North 15-7, 15-12 Saturday.

Southern and West Central South later defeated Southwestern North 15-4, 15-10 and 15-9, 15-10 on Saturday.

North Shore completed an 0-4 tourney for Region 11 with a 15-4, 15-9 victory Sunday.

•Women

(Continued from Page 18)

"We were just trying to get everyone to execute properly," Haas said. "The girls were just running the offense extremely well. Things just started to fall together. I thought we were much more patient than we have been previously in the tournament, and that made a big difference also."

Southwestern South, which dumped Windy City 81-74 in the semifinals earlier on Sunday, then delivered the KO with an 18-10 run late in the first half for a 55-31 bulge.

The second half was a mere formality, as Southwestern South swelled its margin to 91-55 before settling with a 23-point decision.

Southwestern South opened Pool A action with a 79-52 romp over West Central North on Friday.

Haas' team then defeated Blue-Gray South 76-64 and North Shore on Saturday before coasting against Blue-Gray North on Sunday.

"It's one of those things where you want to come out and get the kids to play as well as they can and have fun with it — let the kids enjoy playing with each other," Haas said. "As I tried to tell our kids, just have fun at practice."

In addition to Smith's output, Tyler contributed 17 points while East St. Louis High's Latrecia Mosby chipped in 12.

•Art

(Continued from Page 18)

national recognition with the Cardinals, Devine referred to "too many other sports and outside interests" as pulling young players from baseball today.

"That's when I invited him to come across the Mississippi River and observe some of the American Legion baseball being played in District 22, where the level of play has been most impressive at times this summer."

FOOTNOTE: Congrats to pitcher Collin Gardiner and shortstop Mark Bueger of Edwardsville who recently received special mention recognition on the Chicago Tribune's all-state baseball team.

Greg Miller, a 6-foot-5, 205-pound senior lefthanded pitcher who posted a 10-2 record and a 0.56 earned run average while batting .470 at West Aurora, was named player of the year. Miller was a fifth-round draft selection of the Boston Red Sox.

The only player outside of the Chicago area to receive first-team recognition was catcher Jason Werth of Chatham Glenwood, who hit .657 and was a first-round draft pick of the Baltimore Orioles.

Metro East man wins NABF bout

Cahokia resident Arthur Johnson successfully defended his North American Flyweight Boxing Federation title against Mike Rejo June 23 at the Great Western Forum in Inglewood, Calif.

Johnson recorded the TKO in the 12th round over Rejo, who accidentally killed a man in the ring a few fights prior.

"He was a tough opponent," Johnson said. "He's known for being a hard puncher. But the experience I had helped him succumb. It was a good fight."

Johnson improved to 16-3 with eight KOs. He was originally scheduled to fight Edgar Cordoba, but Cordoba was in Mexico competing for another title in the 108-pound division.

Johnson's guess they wanted him to stay at 108," Johnson said. The fight was televised on Fox Sports Midwest June 27.

•Region 10

(Continued from Page 18)

edge, but Laurie Thomas countered minutes later to knot the score.

It looked like a halftime draw until Houston's incredible shot just 20 seconds from the horn.

Houston, who plays for St. Louis University, lofted a rainbow shot from 50 yards. It bounced in the box, sailed over a stunned goalie and found the net for a 3-2 Southwestern North lead.

"That's probably the first goal I've scored since I was in sixth grade," said Houston, a defensive specialist. "It was a shot all the way, but I'm not sure I really expected it to go in from that far out. I was just trying to put in on goal and see what happened."

"It was sort of bizarre," Briggs said. "But when you put the ball in the goal area, good things can happen."

Southwestern North dominated action

"We needed somewhat of a wakeup call, and we got it."

— Gene Briggs
Region 10 coach

in the second half, with Kristi Steadman and Dowdy both scoring to provide the final margin of victory.

Dowdy, an All-American at Lewis & Clark College who is headed to SLU this year, said Saturday's tie helped the team's attitude on Sunday.

"The tie really caught us off guard," she said. "It made us play harder than we were. We were very positive coming into this game. We knew we had the talent to win. We just needed to play better than we had (Saturday)."

"We needed somewhat of a wakeup

call," Briggs said, "and we got it."

Meanwhile, the Southwestern North scholastic women's soccer team was edged out for the gold medal by North Shore. The Chicago-area squad held the high-scoring Southwestern North team to only one goal, posting a 2-1 win.

Region 10 had outscored a trio of opponents 21-0 coming into the championship match. Led by Alton's Lindsey Kennedy and Granite City's Jaime Delbridge, Carrie Simpson and Roxie Simpson, the Madison County squad had smoked Blue-Gray North 11-0,

Windy City 7-0 and West Central South 3-0.

Southwestern North coach Terry Mitchell had all but predicted a gold medal after Saturday's win.

"This is by far the best team we've ever had," Mitchell said. "There are no weaknesses. It's the easiest team we've ever coached. Everybody can play everywhere, everybody can score and everybody can play defense."

But, once more, the scholastic women's team failed to win gold in Prairie State Games played at SIU-Edwardsville.

"Talent-wise, I thought we could win it," said Mitchell after the loss on Sunday. "But we just couldn't quite get it together."

North Shore led 1-0 at the half, upped the margin to 2-0 at the 59:15 mark and did not allow a goal until Kennedy scored with only 10 seconds remaining.

•North

(Continued from Page 18)

time, but North remained in complete control of the contest and was never seriously challenged by Region 11 in the second half.

"We did an excellent job of controlling play," said North coach Norm Seim. "Our ball-

handling was superb. Our ball-handlers did a good job at the midfield area and we made some great passes to create good scoring chances."

With South's defense under attack the entire second half, and its offense unable to mount any kind of charge, the outcome was decided early.

Granite City's Justin Bernaix headed in the first score of the third quarter. Scott Baldus (Collinsville, Althoff High) followed just five minutes later and North's advantage was an insurmountable 4-1.

Defense and ball control took

it from there.

"We knew we had a tough game on our hands," said South coach Chad Lignoul. "We had a tough game (Saturday) and we were pretty banged up physically. We were pleased, though. It's always good to be playing for the gold medal."

The Southwestern North scholastic men's team rebounded from a heartbreak Friday to reel off three straight victories and grab the bronze medal.

North defeated area rival Southwestern South 5-1 in the bronze medal match on Sunday.

Granite City standout Eric Wilkerson scored once, as did Todd Bruns (Triad), Tom Hofeditz (Edwardsville) and Dan Deist (Edwardsville). Jeff Rhymer (Collinsville) netted a pair of goals for the winners.

Seim was pleased with his squad's turnaround from Friday.

"We kept improving with each game," he said. "Especially defensively, our play was stronger game by game. I'd like to have Friday's game

back. But, after the loss, the bronze was the best we could get."

In all, Southwestern North soccer teams carried home four medals from the 14th annual Prairie State Games.

In addition to a silver medal for the open men and a bronze for the scholastic men, the women's team won a silver medal and the open women garnered a gold.

•South

(Continued from Page 18)

made a couple of nice runs at us. We were able to sustain the runs."

North Shore's foul shooting down the stretch was also crucial, as it nailed 20 of 22 in the final 11 minutes.

"I think a lot of that has to do with the fact that we do really pride ourselves on getting to the line," said Powers, whose club hits around 75-80 percent of its foul shots. "All the schools in North Shore, one of the big things we know is free throws are a big part of the practice time."

North Shore, which defeated Pioneer for the gold medal in 1996, led 56-45 at intermission and still carried a 75-66 lead with 12:06 left.

But a 5-0 spurt, capped by a basket from Larry Scheller (Belleville East), brought Southwestern South to within 76-71.

Region 11, coached by Ray Hoffman, fell behind 90-80 in the 7:26 mark before a 13-7 run pared the lead to 97-53.

Howland's 3-pointer, however, sealed the outcome, as Pool B representative North Shore outscored Southwestern South 11-0 to end the game.

"This is a group we kind of

put together a while back, playing some games, playing some AAU tournaments," said Powers, also a coach at Highland Park High School.

"We kept them together. It was a good group."

The Belleville East combo of Clint Sizess and Josh Heibig paced Southwestern South with 23 points apiece. Kimon Green of East St. Louis Lincoln chipped in 13.

"I guess we just didn't have enough energy" to get over the hump, Norwood said. Southwestern South completed a 4-1 tourney mark.

NOTES: Southwestern South

kicked off Pool A competition Friday by upending West Central North 96-85. Hoffman's squad then annihilated Blackhawk South 104-62 Saturday before knocking off Windy City 107-89 later that day.

Region 11 recorded a stirring 81-80 semifinal win over eventual bronze medal winner West Central South when Sizess dribbled the length of the floor and hit a driving layup with under five seconds left.

Sizess ended with 19 points against West Central South and helped his club overcome an 11-point margin.

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SPORTS

Shorts

(Continued from Page 2B)

U-15 select soccer team 6:30-8:30 p.m. July 1-2 at Buder Park. The tryouts are open to girls born after Aug. 1, 1982. For more information, call Steve Barten at (314) 916-1125.

Cougars tryouts
The Cougars Soccer Club of Florissant, Mo., will hold tryouts July 1-2 at the United Sports Complex and July 7-8 at Hazelwood Junior High.

Individual team tryouts are as follows: 6:30-8:30 p.m. July 1 for U-9, U-10 & U-12 boys and U-9, U-10 and U-13 girls; 7:30-9 p.m. July 1 for U-16 boys and U-15, U-17 and U-18 girls; 6:30-8:30 p.m. July 2 for U-11 boys and girls; 7:30-9 p.m. July 2 for U-13 and U-14 boys; 6:30-8:30 p.m. July 7 for U-11, U-12 boys and U-11 girls; 7:30-9 p.m. July 7 for U-13 and U-17 girls; 6:30-8:30 p.m. July 8 for U-9, U-10, U-13 & U-14 boys and U-9 and U-10 girls; and 7:30-9 p.m. July 8 for U-16 boys and U-15 girls.

For more information, directions or team contacts, call the Cougar voice mail at (314) 992-7637.

Men's tourney

Harris-Stowe State College will host its 3rd annual 6-A-Side Men's Soccer Tournament June 14-15. There will be a maximum of 16 open men's teams in the tournament. The entry fee is \$170. Each team is guaranteed three matches, and applications are still being accepted. The tour-

nament will feature concessions, barbecue and music.

Baseball camp

The Granite City Warriors/Park District Baseball Camp will be held June 16-19 at the Park District baseball diamonds.

The camp will be held over three different sessions: 9-10:15 a.m. for grades 3-4, 10:30-11:45 a.m. for grades 5-6 and 12-1:30 p.m. for grades 7-9. Instruction will be provided by the GCHS coaching staff and former coaches and players. Fundamentals will be the focus of the camp. Proper throwing and fielding techniques and pitching and hitting mechanics will be taught. Registration is being taken at the Park District office. All checks should be made payable to Granite City High School.

Soccer Academy

Bob Warming's St. Louis Soccer Academy will hold several summer camps for boys this year. The Elite Academy, for boys ages 13-19, is scheduled for July 20-24. The Advanced Academy, for boys ages 9-14, meets July 27-31. The Goal Scoring and Goal Keeping Academy, for boys ages 10-19, is July 24-26. The Goalkeeping Specialty Training Academy meets three times — July 20-24, July 24-26, and July 27-31 — and is open to boys ages 10-19. For more information or an application, call (314) 977-3288 or write to St. Louis Soccer Academy, 3672 West Pine Bou-

levard, St. Louis, Mo., 63108.

FCA camp


The St. Louis Area Fellowship of Christian Athletes will hold a football camp July 23-27 and a baseball camp July 27-30.

The football camp staff includes Scott Swiford, head football coach at Wentzville High School; Larry Kindbom, head coach at Washington University; and Bob Christian of the Carolina Panthers. The staff for the baseball camp includes Kevin Bowers, head baseball coach at New Seckman High School, and many others.

The cost for each camp is \$150. For more information, call the FCA office at (314) 863-3322.

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The ninth annual Fontbonne College/Red Schoendienst All-Star Golf Tournament will be held Monday, July 7 at Glen Echo Country Club in St. Louis.

The tournament will feature a number of local personalities and several current St. Louis Cardinals players. Proceeds will benefit Fontbonne College. For more information, call Marianne Schanthal at (314) 889-1403.

Soccer tryouts

The Gateway East Illinois Youth Soccer League is accepting team applications for boys and girls U-8 through U-19 teams for its fall season. For more information, call Tom Posnanski at 656-8834 or John Suss at 667-6177.

Softball league

The Municipal Softball Association is accepting applications for men's, women's and coed teams. Umpires are also needed. For more information, call Jack 1-5 p.m. Monday through Friday at 333-2500.

Basketball Camp

The Saint Louis University Women's Basketball staff is holding a series of basketball camps during June and July. Individual Day Camps are designed to develop each play-

er's fundamental basketball skills and overall playing ability. A session, for grades 7-12 runs July 10-12 and costs \$125 in advance or \$135 at the door (if space is available).

The Shooting Camp runs from 5-8 p.m. daily July 9-12. The cost is \$100 pre-registered and \$110 at the door (if space is available).

The High School Team Camp is July 17-19. The Team Camp is open to any high school team with seven or more players accompanied by their coach. Each team is guaranteed 10 games. The cost is \$90 per camper.

For more information, or to request a brochure, call (314) 977-3289.

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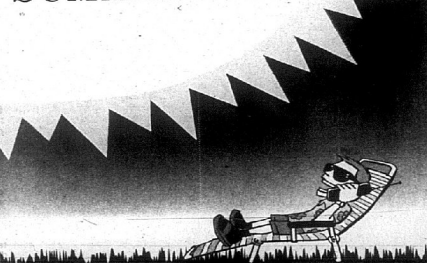
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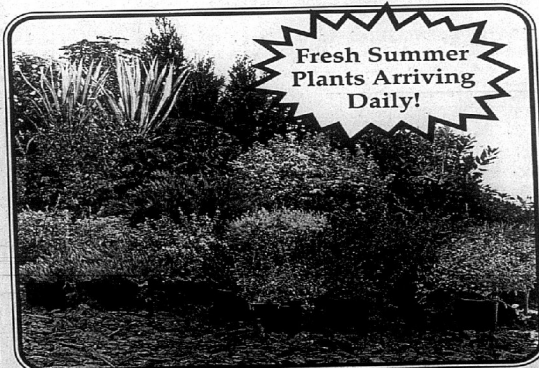
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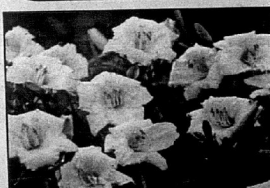


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 11 a hot potato
 12 Power shovel
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ENTERTAINMENT

HOROSCOPE

Wednesday, July 2
 Much of what is accomplished now will help to get the homestead in beautiful working order. Let love show the way. Concentrating too much on improving others' backfires. The Cancer sun has us so sensitive that even kind remarks could be taken the wrong way. The Gemini moon is joyful but competitive. Everyone is part of the whole and should be appreciated.
ARIES (March 21-April 19). An excellent opportunity to move ahead at work comes by putting in extra hours and being at the right place at the right time. A new friend has a suggestion that will improve your love life. Speak the truth.
TAURUS (April 20-May 20). Discover a hidden talent for decorating or painting by taking a class or workshop. Develop a new attitude about exercise with the help of a Pisces. Help a family member make a tough personal decision.
GEMINI (May 21-June 21). Forget about former loves, and move ahead with your life. A Capricorn is ready to ask you out. Plan future travel now to get the best prices. You are seeking to restructure your



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CANCER (June 21-July 22). An office party is, actually, in honor of your recent hard work on a project. Forgive a fellow Cancer for a remark made in a heated argument. Begin to change your personal appearance with simple wardrobe additions.
LEO (July 23-Aug. 22). Work offers you a chance to travel. A romantic rendezvous with a Pisces could turn into a serious romance. Entertain friends you have not seen in quite some time. A relative is excited about helping you finish a project.
TODAY'S BIRTHDAY (July 2). Keep a clear head. It's a year of shrewd decision making, and you must be in top condition to make wise calls that will affect your whole life. In the last two weeks of July, you will be besieged by offers from potential new loves. Accept only from an Aries or Scorpio. Your luckiest months are July and September.

VIRGO (Aug. 23-Sept. 22). Your willingness to go with the flow at work impresses higher-ups enough to give you a promotion. Quiet time is necessary to revitalize your energy. A romantic partner is open to new ideas about how to spend time together.
LIBRA (Sept. 23-Oct. 23). Concentrate on the quality of your work as the boss will give you extra time to insure that everything is done right. Your vision on a creative project is all that is needed to get things started. An Aries offers to lend you some cash.
SCORPIO (Oct. 24-Nov. 21). A co-worker is trying to steal your ideas, so keep your information secret. Discover a love of cooking or carpentry when you help a friend with a project. A Sagittarius is trying to get to know you better.

SAGITTARIUS (Nov. 22-Dec. 21). Feelings of a colleague are hurt when you get the lead position on a project. Offer to make this person a second in command. Justify recent actions with your love to avoid an argument. Sell old items you no longer use.
CAPRICORN (Dec. 22-Jan. 19). Humor at a meeting impresses the boss. A keepsake is found in an unusual place. A former colleague phones with an offer to change employment. A romance with a Taurus could be coming to an end.
AQUARIUS (Jan. 20-Feb. 18). Get out, and begin meeting new friends. You could find a possible new love interest this way. Accept limitations you have, and focus on your strengths in other areas. A friend is willing to teach you a new skill.
PISCES (Feb. 19-March 20). Your work load is increased, and higher-ups are checking out your management potential. Invite a fellow Pisces to take a class or workshop with you. A rare opportunity to travel to an unusual location is offered to you.

Seniors: Take necessary precautions this summer

Illinois Department on Aging Director Marjorie I. Lindley is reminding senior citizens that with the onset of summer, precautions should be taken to cope with extreme heat and high humidity.
 "Health problems and isolation are factors that make older people particularly susceptible to heat stress which can be life threatening," said Lindley. "Common sense tips to 'beat the heat' should become a way of life in the summertime."
 "It's also important for family members, friends and neighbors to check on aging people who may be unable or unwilling to seek assistance. Keep in mind that during dangerous heat conditions, most local communities have cooling centers that can accommodate individuals at risk," Lindley said.
 Common sense tips for handling the heat include the following:
 • Drink lots of water and natural juices.
 • Avoid going out into blazing heat, if possible.
 • Keep shades drawn and blinds closed, but windows slightly open.
 • Keep electric lights off or turned down.
 • Take cool baths or showers; use cool towels.
 • Remain in air conditioning either at home or at a cooling center.
 • Wear loose, light cotton clothing.
 • Avoid alcoholic beverages, coffee and colas.
 • Do not eat heavy meals.
 • Avoid using cooking ovens.
 • Avoid or minimize physical exertion.
 • Check on family members, friends and neighbors.
 • Call "911" if you or anyone you know needs medical attention.
 According to Lindley, the Illinois Department on Aging and local area agencies on aging work hand-in-hand to assist people at risk.
 During heat emergencies, communities are involved in door-to-door outreach; senior centers, adult day care sites and other familiar buildings serve as cooling centers; and information and assistance is provided on an ongoing basis through the network of local agencies serving older persons.
 For more information about local programs and services available to assist older persons, call the Illinois Department on Aging toll-free at 1-800-252-8966 (Voice and TTY).

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P195/70R14	TOURING T/A SR4	BLK	BLK	FRABO	BLK
P195/70R14	TOURING T/A SR4	BLK	BLK	FRABO	BLK
P195/70R14	TOURING T/A SR4	BLK	BLK	FRABO	BLK
P195/70R14	TOURING T/A SR4	BLK	BLK	FRABO	BLK
P195/70R14	TOURING T/A SR4	BLK	BLK	FRABO	BLK
P195/70R14	TOURING T/A SR4	BLK	BLK	FRABO	BLK

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P185/60R13	35	51	61	71	P215/70R14	47	57	64	72
P195/60R13	40	56	66	76	P225/75R15	48	58	67	75
P205/60R13	45	61	71	81	P235/75R15	49	59	69	78
P215/60R13	50	66	76	86	P195/55R15	—	—	61	68
P225/60R13	55	71	81	91	P205/55R15	—	—	62	72
P235/60R13	60	76	86	96	P215/55R15	—	—	64	76
P245/60R13	65	81	91	101	P225/55R15	—	—	72	83
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P215/70R14	63	73	83	93	P215/75R15	47	57	64	72
P225/70R14	66	76	86	96	P225/70R14	47	57	64	72
P235/70R14	69	79	89	99	P225/75R15	48	58	67	75
P245/70R14	72	82	92	102	P235/75R15	49	59	69	78
P255/70R14	75	85	95	105	P195/55R15	—	—	61	68
P265/70R14	78	88	98	108	P205/55R15	—	—	62	72
P275/70R14	81	91	101	111	P215/55R15	—	—	64	76
P285/70R14	84	94	104	114	P225/55R15	—	—	72	83
P295/70R14	87	97	107	117	P235/55R15	—	—	84	94

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SIUE honors its top students at banquet

Nearly 280 undergraduate and graduate students were honored in recognition of their academic achievement during the 1986-87 year at the recent Sciences and Mathematics Banquet on the campus of Southern Illinois University at Edwardsville.

To be honored, an undergraduate student is required to carry a 3.2 cumulative grade average, while graduate students are required to carry a 3.5 cumulative grade average.

Undergraduate students who were honored, and their area of study, are listed by hometown and then alphabetically by last name (with specialty in parentheses). Those who won special honors are so noted:

Bellefonte — Clarence Ashbaugh, of general science and mathematics; Marsha Bartholomew, of biological sciences (medical technician); Candace Cavney, of general science and mathematics; David Collins (Outstanding Mathematics/Statistics Student Award); Eddy Delrio, and April Elliott, both of biological sciences (medical science); Dale Ficklen, of biological sciences (ecology, evolution, and environment); Richard Mumie, of mathematics and statistics; Pamela Miller, of mathematics and statistics; Erik Olson (Chemistry Undergraduate Research Award), of chemistry; Lisa Richardson, of mathematics and statistics; Pamela Rothenbaum, of biological sciences

(medical science); Andrea Schmidt, of biological sciences; Amy Smeck, of biological sciences (ecology, evolution, and environment); Kristy Waelz, of biological sciences (medical science); Julia Weber, of biological sciences; Holly Wells, of mathematics and statistics (actuarial science); Julie Worthen, of biological sciences (medical science); and Julie Yankey, of biological sciences (ecology, evolution, and environment).

Breese — Kelly Raterman, of biological sciences (ecology, evolution, and environment); and Marla Timmerman, of Biological Sciences (medical technician).

Cahokia — Chad Stroud, of biological sciences (medical science).

Columbia — Kurt Morgester, of biological sciences.

East St. Louis — Emily Burke and Jeanne Martignoni, both of biological sciences.

Edwardsville — David Baker, of biological sciences (medical science); Vicky Chisholm, of biological sciences (genetics); Brian Choate, of biological sciences; Craig Firkins, of biological sciences; David Hester, of biological sciences (medical science); Abdul Sh'Osman, of biological sciences; Rebecca Purcell, of biological sciences (ecology, evolution, and environment); Sarah Reinerman, of biological sciences (medical science); Hope Erwin-Sipes (Biology Senior Award) and

Ali Soltanshahi, both of biological sciences; Marilyn Washington, of biological sciences (general science and mathematics); Daniel Wegner, of biological sciences (medical science); and Randall Weitzel, of chemistry.

Fairview Heights — Jodi Arness (Outstanding Student in Chemistry Award), of chemistry; Paul Baeske, of mathematics and statistics; Cody Cruse, of chemistry; and Andrew Martignoni III (Physics Faculty Upperclassman Award), of physics.

Freeburg — Jason Schleifer, of mathematics and statistics; Glen Carbon — Gregory Allen, of physics, and Shannon Lewis, of biological sciences.

Granite City — Mona Callis, of biological sciences (ecology, evolution, and environment); Meredith Chomko (Outstanding General Chemistry Student), of biological sciences; Michael Gitcho, of chemistry (medical science); Angela Jacobs, of mathematics and statistics; Jennifer Jakich, of chemistry (medical science); Jeff Logsdon, (Outstanding General Chemistry Student), of chemistry; Chad Miner, of biological sciences (medical science); Gabriel Mitchell (Outstanding Senior Award), of mathematics and statistics; Charlene Pearson, of biological sciences; and Karen Robertson (Florence Fanning Award) and Larry Wiegand, both of mathematics and statistics.

Lebanon — John Drake, of

physics, and Dawn Henderson, of biological sciences.

Millstadt — Kimberly Paul, of biological sciences (medical science); Ann Quinn, of mathematics and statistics (actuarial science); and Jason Westhoff, of chemistry (medical science).

New Baden — Lori Blattel, of biological sciences (ecology, evolution, and environment); and Jeremy Booth, of biological sciences.

O'Fallon — Amy Dompler, of biological sciences (genetics); Jaime Franklin, of biological sciences; Robert Hayes, of mathematics and statistics; and Noralie Stewart, of biological sciences.

Scott AFB — Travis Denham, of biological sciences.

East St. Louis — Jeffrey Schaefer, of biological sciences (genetics).

Swansea — Carmen Sesvold (Ollie Mae Williams Award in Chemistry), of biological sciences (medical science); and Leanne Williams, of mathematics and statistics.

Trenton — Emily Derr, of biological sciences (medical technician).

Waterloo — Traci Bollinger, of biological sciences (genetics); Piotr Krassucki, of biological sciences (medical science); and Angela Nagle, of biological sciences.

Those who were honored, and their area of study, are listed by hometown and then alphabetically by last name (with specialty in parentheses). Those who won special

honors are so noted:

Bellefonte — Kerry Brethauer, of environmental studies; Liza Coleman, of biological sciences; Karen Foeller (secondary education); and Joseph Hardmon (Graduate Chemistry Award), of chemistry; Shawn

hennon, of physics; Sandra Hick, of chemistry; Thomas Hickey, of mathematics (secondary education); Gregory Schmieder, of biological sciences; Christine Stewart, of mathematics; and Rena Zenarosa, of biological sciences.

Columbia — John Hart, of biological sciences.

East St. Louis — Andrea Warren, of biological sciences; Edwardsville — Melissa Baker, of environmental studies; Theresa Burke and David

Dunivan, both of biological sciences; Ambika Gopalakrishnan (Outstanding Physics Graduate Student Teaching Assistant Award), Haihua Feng, of physics; Richard

Harmon, of mathematics; Jason Henderson, of mathematics (secondary education); Gretchen Hines, Kristina Kleeman, and Betty Lawton, all of biological sciences; Qinghua Li (Graduate Research Award), of chemistry; and Jun

Liu, of physics; Ning Long, of chemistry; Mehrdad Mehranfar, of biological sciences; Grant Paul, of environmental studies; Denise Plunk and James Rocks, both of Biological Sciences; Sherrill Wible and Sandra Zerow, both of

environmental studies; and Jing Zhang, of mathematics.

Fairview Heights — David McCullough, of environmental studies; Lynne Miller (Graduate Teaching Assistant Award), of chemistry; and James Powell, of biological sciences.

Glen Carbon — Jamie Deconcini, of mathematics (secondary education); Nancy Elie, of biological sciences; Edward Matecki, of environmental studies; and Carrie Zeffo, of biological sciences.

Granite City — Julie Heilrich, of mathematics (secondary education); and James Moss, of biological sciences.

Madison — John Cawly, of biological sciences.

Millstadt — Angela Gambin, of biological sciences.

More — David Platt, of biological sciences.

New Baden — Nancy Tomaszewski, of biological sciences (education).

O'Fallon — Thomas Goode, of environmental studies; Virginia Larsson and Teri Schmidt, both of mathematics (secondary education); Richard Shamuel, of physics; and Nancy Welch, of environmental studies.

St. Jacob — Paige Mettler-McClure, of Biological sciences.

Scott AFB — Douglas Cashman, of mathematics.

Waterloo — Judith McDermott, of mathematics.

environmental studies; and

Jing Zhang, of mathematics.

Fairview Heights — David McCullough, of environmental studies; Lynne Miller (Graduate Teaching Assistant Award), of chemistry; and James Powell, of biological sciences.

Glen Carbon — Jamie Deconcini, of mathematics (secondary education); Nancy Elie, of biological sciences; Edward Matecki, of environmental studies; and Carrie Zeffo, of biological sciences.

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Local paddle wheel ferry provides relaxing trip

GOLDEN EAGLE — For most River Bend residents, no spring or summer weekend would be complete without a trip along the Mississippi or Illinois rivers.

But there's one river ride offered here that is not available on any other waterway in Illinois or anywhere else on the Mississippi River.

The Golden Eagle Ferry, built in the mid-1930s at an East St. Louis shipyard, is the last functioning paddle wheel ferry on the river between

New Orleans and St. Paul, Minn.

Powered by a 125-horsepower Caterpillar engine, the steel-bottomed ferry remains in daily operation, even though a more modern ferry would be faster.

Vince Baalman, who co-owns the Golden Eagle Ferry and the nearby Winfield Ferry with his brother, Steve Baalman, said the boat only runs about five miles an hour, but that doesn't seem to bother anyone. "I'm sure some tourists ride

the paddle wheel because it's a novelty, but people from Calhoun County just want to get across the river."

The ferry is still the quickest ride from the scenic Illinois countryside to St. Charles County, Mo. The Winfield Ferry boat, 13 miles upstream, has a 250-horsepower engine. It crosses over into Missouri's Lincoln County.

Dale Klohr, district engineer for the Illinois Department of Transportation, confirmed the paddle wheel is the last of its

kind on the Mississippi. "That kind of configuration is quite unusual anywhere," he said.

At Kinder's Restaurant, a bar and grill on the river's edge next to the ferry landing, assistant manager Carol Rose said some customers sit for hours at the restaurant's window seats or on the outside deck just to watch the old-fashioned boat cross back and forth.

"A lot of people are curious about this ferry," said Rose, as she tended to a lunchtime crowd recently. "If you mention any of the four ferries up here, visitors seem to want to cross on this one because it's a paddle wheel."

The boat is so well-known it was once the subject of a question on the television quiz show, Jeopardy. The hydraulic-driven boat makes the quarter-mile crossing using two sets of nine large paddles made of fir wood.

Baalman, whose family bought the steel-hulled, 74-ton ferry last March, said previous owners experimented with aluminum and steel paddles, but nothing works as well as fir.

"Metal tends to bend, and that binds up," said Baalman, pointing to the dual pumps that work to push the two sets of paddles. "Of course, these will break, but they don't soak up the water, so this seems to work best."

What the wood paddles aren't good for is breaking through floating ice.

Although the ferry operation used to shut down for three or four months between late winter and early spring when high water brings floating debris that can damage the fir planks, Baalman said he will keep the boat open as long as safe crossings are possible.

"The ice will tear up that wood. You can't dodge the ice, but you can try to dodge logs."

During peak tourist times like fall's apple-picking season, Baalman said lines of cars form on both sides of the river. That can be frustrating for both motorists and ferry pilots.

So he and his brother are working to resolve that issue soon.

— From The Telegraph

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Today's Food

Wednesday, July 2, 1997

Food & Nutrition

Wise Ways

Color of meat may not show hamburger is done.
INSIDE

Heart-y Bites

What could be the next mixture craze on all the tables of all the summer patio party circuit?
INSIDE

Blue Ribbon Cook

Month's salute to Jell-O's 100th anniversary begins with flags unfurled.
INSIDE

Test Run

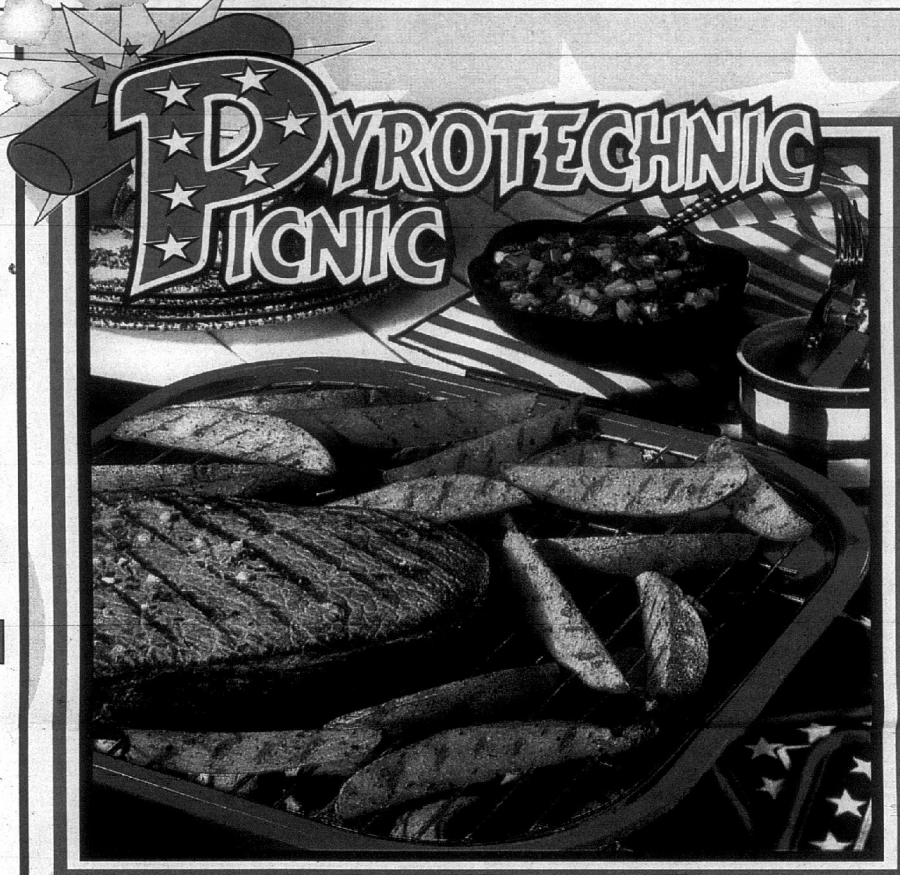
Hot dog! New sausages have less fat.
INSIDE

Micro Raves

Ready, set, go for fruit salad of the season made with freshest fruits available that day.
INSIDE

Lively Taste

Juice up flavor. Jazz up chicken and beef marinades by replacing some or all the oil or salad dressing with orange juice to tenderize meat and add flavor. Poach seafood in equal parts orange juice and chicken broth with a squeeze of lemon. After poaching, cook down liquid for a flavorful sauce. Use orange juice to replace part of the butter or olive oil to elevate flavor when glazing rice or pasta. Grill orange slices and serve with chicken or fish. Serve orange fizz cocktails by blending 3/4 cup frozen orange juice concentrate, 2-1/4 cups seltzer and ice cubes.



By Janice Denham
Staff writer

When the neighborhood turns red-hot, white and blue, it is the Fourth of July. Flags wave in yards and fireworks explode in parks where patriotic fervor mingles with the aroma of grilled food, pots of potato salad and bowls of beans.

Concentrate on colorful combinations of food. The reds of peppers, blues of berries and whites of cauliflower emerge on the table after the gray color of coals show the fire is just right and iridescent ice has packed the contents of an ice cream maker and soothed the warm foreheads of those churning the icy mixture.

Fruit is an easy addition for color. Simply stir a little almond extract into cherry pie filling and spoon the sweet mixture over angel food, chocolate or pound cake. Sprinkle a few blueberries over marshmallows when making s'mores for a juicy

burst of flavor.

Planning an outdoor event for the Fourth of July calls for ice, ice and more ice. Moving the cooking beyond the kitchen requires techniques outside the normal.

All the warnings to keep cold foods cold and hot foods hot filter down to providing safeguards that eliminate concern over food safety.

For instance, raw meat can be kept in the freezer an hour before leaving to keep it cooler on ice en route to a picnic.

For firm ice, a few days before the occasion, freeze plastic milk jugs without caps three-fourths full of water. Before placing in a cooler, cap the jugs to prevent leakage.

Pacing is important:

• Perishable foods should not sit out in temperature above 40 degrees more than two hours. Summer temperatures cut this timing to one hour.

SEE PYROTECHNIC, IN TODAY'S FOOD PAGE 2

Health & Fitness

Medicine Chest

Incontinence can be treated in about nine out of 10 cases.
INSIDE

Fresh Picks

Welcome to Blueberry Month! For an all-American pie, toss a total of 5 cups fresh blueberries — in combination with cherries, if desired — with 2 tablespoons cornstarch, 1 tablespoon lemon juice and 1 tablespoon grated lemon peel. Place in 9-inch unbaked pie crust. Dot with pats of butter (1 to 2 tablespoons total). Bake in preheated 425 degree oven 35 to 45 minutes until filling is bubbly. Let cool. At serving time, serve with dollop of whipped topping.

Big Fat Tip

This is the prime potato salad holiday. Go for flavor, not fat. Use lower-fat or nonfat mayonnaise and sour cream. Other ingredients can take the place of high-fat ones. Add more egg whites than yolks, punch up flavor with non-mayo mustard, capers, or a big splash of vinegar with a sprinkle of sugar. Crunchy vegetables — like celery, onion, bell pepper, jicama or cauliflower — keep people chewing and happy. This is not a seafood salad, so ingredients should not swim in excess dressing. Instead of using sliced egg on top of the salad, decorate with rings of colorful bell pepper and sprinkle with paprika.

Future Shop

Cheese research looks to keep people from ruining their ties or burning their mouths. 'Industrial' cheese sometimes has other properties than the product in the supermarket case. For instance, prepared pizza and lasagna are not so desirable when mozzarella cheese, particularly fat-free, on top tends to dry out when melted, so even its shredded shape may change to protect its moisture. For other applications, cheese is being developed that does not drip or run out of breading or burn a person's mouth. Pizza is at the top of prepared main dishes where cheeses are used; Italian dishes come next.



Crispy, crunchy-yet-sticky treats made with rice cereal do not have to be square. On Fourth of July they will be stars.

Melt 2 tablespoons margarine and 2 tablespoons peanut butter on stove top or in microwave oven. Add one (10-ounce) package marshmallows or 4 cups mini marshmallows, stirring together until melted. (In microwave, melt at same time on high power about 2 minutes, stir, then microwave on high 1 minute longer).

Add 6 cups crispy rice cereal. Stir until well coated.

Press into flat pan coated with nonstick cooking spray. While still warm, sprinkle with colored decorator candy in stripe design.

Mixture can be formed into single star shape while it is warm, shaping by hand covered with greased waxed paper to avoid sticking, or cut with sharp knife after decorating and cooling. To make individual stars, let mixture cool in 13-by-9-inch pan and cut in star shapes with cookie cutter.

Today's Food

Test Run



A trio of reduced-fat and fat-free franks, as well as a frozen low-fat corn dog, took the attention of testers' at lunch.

Light-on-fat franks prove new dogs teach old tricks

What a difference a year makes! Before Fourth of July last year a group of low-fat and fat-free hot dogs were tasted amid doubts and hesitation. The Test Run shopper brought in a new group of them this year and lunch became the hottest ticket around.

Seemingly, this type of frank has become an accepted item.

This year's selection consisted of Eckrich (made with turkey, pork and beef) and Butterball (turkey only) fat-free franks, Louis Rich (turkey and chicken) 50-percent-less fat, and frozen State Fair low-fat (turkey, pork and beef) corn dogs.

Both Louis Rich and Butterball franks had a darker casing and firmer texture than the Eckrich brand. One tester showed her new attitude.

"Last year I wouldn't even try a low-fat hot dog. I've always thought hot dogs probably needed fat to be palatable. However, I was surprised. I thought the Eckrich was quite tasty. It didn't taste low-fat at all. It had a nice smoky flavor and might be even better on a grill."

A second endorsement assessed possible use of the

franks in her home. "The Eckrich brand would be a good one to cook inside, since it already has lots of flavor. The others are good grillers," she thought.

To get their individual flavor, the franks simply were heated individually in a microwave oven. A substantial majority chose the Eckrich brand as their favorite. One of the men who compared the other two against each other surprised himself by choosing the fat-free Butterball over the Louis Rich frank, which has 6 grams fat and 90 calories.

Several tasters started with the Louis Rich brand because they considered it a "standard."

Another taster, who called himself a "big hot dog eater," carefully judged them one-by-one. His test of the Eckrich brand came out most positive, because it held "a little zest and pep" in his evaluation. He thought the Louis Rich frank held just as much flavor.

Eckrich fat-free franks come eight links to a package and have 50 calories, 590 mg sodium and 2 g sugars each. The Louis Rich and Butterball franks come

in packages of 10. The fat-free Butterball comes with 40 calories, 490 mg sodium and 1 g sugars.

State Fair low-fat corn dogs come five to a package. They were judged tasty, but did not receive the high marks of the other products.

"The corn dog wasn't bad, but would probably have been much better if it had been cooked in a toaster oven," a taster said, noting the cornmeal exterior became a little chewy in a microwave oven.

Another thought they would be a handy treat for teenagers in the house. They cost about \$2 at Dierberg's.

"I tasted more of the batter and not much dog with the corn dog. The batter had a nice, Southern-style sweet cornbread taste though," she said.

A frequent shopper of corn dogs said, "A corn dog is low in fat should be a treat, but the dog is a little too small and the batter is too thick, even though it stays well on the meat. They might be fun to keep in the freezer for a bite of Saturday lunch once in a while."

Heart-y Bites

By CHERYL HOUSTON

Trendy cooks dream up catchy mix of this 'n' that

I often wonder who cooks up those trendy recipes that become popular in spite of unique ingredient combinations.

These creative concoctions share similar traits. They seemingly appear out of nowhere, are often very simple to make and utilize just a few key ingredients. The unexpected results are shared at every picnic, dinner party and barbecue for months on end.

Who would have thought chopped spinach, vegetable soup mix, mayonnaise and sour cream would become a clever, enormously popular spinach dip? Another adventurous soul blended artichoke hearts, parmesan cheese and mayonnaise as an appetizer and served it bubbling hot atop whole wheat crackers — and the results are history.

I envy those free-spirited cooks who can invent a fashionable recipe, but I find it hard to get past the first requirement: imagining an unimaginable combination of ingredients.

My friend, Jeanne, is such a cook, undaunted by the unusual. She recently came to my home for dinner carrying a covered bowl. "What's in there?" I asked.

"Oh, just a simple salad," she said a little too casually. It was a give-

away. She was experimenting again.

Before I could peek, she warned me the salad might appear a bit odd and not to ask about its ingredients, lest I wouldn't want to try it.

"Just close your eyes and taste," she commanded. I followed her directions.

"Wow!" I said. "It's so different, but I really like it. What's in it?"

"The ingredients are broccoli, grapes, onions and sunflower seed kernels in a tangy mayonnaise-based dressing," she replied triumphantly.

She was right. Not only did it look strange, but it included an unusual combination of produce. Despite all this, I could not deny its taste was tantalizing. It became even more appealing when Jeanne added up its other attributes — packed with fiber, rich in vitamins A and C, versatile.

It can be served immediately, but tastes better if it is chilled at least one hour before serving. It holds up well, so it can be made a day or two ahead of time.

Extend the trend. Take it as the firecracker dish to a Fourth of July celebration. Just remind guests to close their eyes before they taste it. When it makes it to all the social circles in town, nobody will care what goes

into it, because they know it is so tasty.

Registered dietitian Cheryl Houston is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

BROCCOLI SALAD ROYAL

- 5 cups broccoli florets
- 4 cups seedless red grapes
- 1/2 cup sunflower seed kernels
- 1/4 cup chopped red onion
- 1/2 cup mayonnaise (light or fat-free)
- 1/4 cup apple cider vinegar
- 3 tsp. sugar

Cut florets in bite-size pieces. Place in large bowl. Wash grapes thoroughly. Slice each grape in half and add to broccoli. Add sunflower seeds and onion.

In small bowl, blend mayonnaise, vinegar and sugar well, using wire whisk. Pour over vegetable mixture. Toss well. Refrigerate at least 1 hour.

Toss well before serving. Makes 10 servings; 145 calories, 7 g fat, 3 g protein, 20 g carbohydrate, 129 mg sodium and 4 mg cholesterol each, using light mayonnaise.

Wise Ways

By CAROL SCHLITT

Cooking burger 'til brown doesn't mean it's done

One of America's favorite barbecue foods year after year is the hamburger. In fact, nothing equates with summer picnic fun more than juicy, fresh-from-the-grill burgers. They are easy to prepare, economical and oh-so-good to eat.

However, with numerous outbreaks of food-borne disease associated with undercooked hamburger and ground beef, everyone needs to be extra careful when handling and cooking this summertime favorite.

E. coli 0157:H7 is the most common bacteria caused numerous outbreaks of food-borne disease and resulted in hundreds of illnesses and several deaths. This nasty bacteria can survive both refrigerator and freezer storage. It only can be killed by heat, 160

degrees to be exact.

After the 1993 outbreak in the western United States, the U.S. Department of Agriculture recommended all ground beef be cooked until the middle is brown and the cooked-out juices are no longer pink. New research now shows that using just the visual checks for doneness may not be good enough. As of June 10, USDA now recommends consumers use a meat thermometer when cooking hamburger to be sure it is safe to eat.

New research shows some hamburger may turn prematurely brown before a safe internal temperature of 160 degrees has been reached.

Normally, ground beef turns from red to pink to brown as it is cooked. If

the meat is already brown, however, it will not change color during cooking. Recent research has shown ground beef patties look well-done at an internal temperature of 131 degrees, a temperature not close to killing E. coli 0157:H7. A meat thermometer is the only reliable way to check for thorough doneness.

In the absence of a food thermometer, USDA recommends consumers should judge doneness by several factors. These include:

- Color of cooked-out juices: Juices should have no trace of pink, red or cloudiness.
- Color of cooked meat: Ground beef should be brown in the center.
- Texture of cooked meat: Cooked meat has a firm or flaky texture.

FIRECRACKER SALSA

- 1/2 cup dried tart cherries
- 1/2 cup cherry preserves
- 2 tsp. red wine vinegar
- 1/2 cup chopped red onion
- 1/2 cup chopped yellow bell pepper
- 1/4 cup chopped jalapeno pepper (about 2 medium)
- 1 to 2 tsp. chopped fresh cilantro

In small microwave-safe bowl, combine cherries, preserves and vinegar. Microwave on high power 1 to 1 1/2 minutes until hot. Let stand 5 minutes.

Stir in dried cherries, onion, bell and jalapeno pepper and cilantro. Refrigerate, covered, 3 to 4 hours or overnight.

Serve with Sizzling Summer Steak. Makes about 1 1/2 cups. Tip: For milder flavor, remove inner ribs and seeds from jalapenos.

SEASONED GRILLED POTATOES

- 4 large baking potatoes (about 2 lb.)
- 1/4 cup oil
- 1 large clove garlic, crushed
- 1 1/2 tsp. sweet paprika
- 1/2 tsp. salt
- 1/4 to 1/2 tsp. pepper

Combine oil, garlic, paprika, salt and pepper in resealable plastic bag. Seal and shake to mix ingredients.

Scrub potatoes. Cut each potato lengthwise in half; cut each half in 4-long wedges.

Pat dry. Add to bag. Seal. Turn to coat potatoes. Remove potatoes from seasoned oil.

On grid over medium ash-covered coals, grill potatoes, turning occasionally, 25 to 30 minutes until tender. Makes 6 servings.

Pyrotechnic

Continued from page 1C. less transportation time for foods, whether they are hot or cold. Hot food can be wrapped in towels, then in newspaper, then placed inside a box or brown bag. Crockery cookers help hold hot temperatures and can be plugged into electricity upon arrival. Foods already hot can be kept warm a short time on a grill or hot plate.

A supply of clean plastic bags finds many uses. Take, for instance, the case of the used utensils in the back yard or the distant park.

Forks, spoons, tongs, turners and plates that touch raw meat of any type should not be used again until they are cleaned in hot, soapy water. That means providing a duplicate for cooked meat being removed from a grill and served. Store it in a plastic bag and switch utensils as needed.

Bleach diluted in water can be carried in a spray bottle with closed top to

clean tables, cutting boards or anything that comes in contact with raw meat. Paper towels better fit this cleanup task than cloth towels, because they can be thrown away.

Cooked food deserves the same treatment as raw food. It should not sit out more than an hour. Serve foods from the grill soon after it is cooked, once again pacing preparation to the crowd.

Handwashing is critical, too. Disposable towelettes are an option. A jug with water and soap attached to it is a good idea in areas without facilities.

Cook meat until it is done. The "kill" temperature ranges from 145 degrees for steaks and chops to a least 165 degrees for poultry. Anyone who wants a burger cooked to a safe doneness at a fast food restaurant should expect the same at home or at a picnic. Internal temperature of ground beef should be 160 degrees. Ground meat is

tricky because so much of its surface is exposed to air and handling, so bacteria can move onto it.

Always marinate food in a refrigerator. If flavors of a marinade are desired for food, make extra and throw away what was used on the meat.

After the picnic, clean everything well, including coolers and containers, so they are ready for the next event. Toss cloth towels and cleaning cloths into the laundry. Do not sample leftover foods that were stored questionably, because contaminated foods do not necessarily taste unusual.

SIZZLING SUMMER STEAK

- 1 beef top round steak, cut 1 1/2 inches thick (about 2 lb.)
- 1/2 cup fresh lime juice

Good

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At the peak of fruit, all it takes a market to berries are in.

In addition to delicious sour cherries, these juiciness provide vitamin A and fiber. They're a way to get your daily dose of health benefits that have been health benefit cancer prevention.

As National Month, July time to make the five servings and vegetable mended by 1 ties each day.

For the juicy, voracious blueberries those that uncrinkled blue in color should be referred to, used, to wash days. Wash

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Today's Food

Good Health

By MELANIE POLK

Bounty of blueberries awaits summer diners

At the peak of summer fruit, all it takes is a trip to a market to confirm blueberries are in season.

In addition to being a delicious source of vitamin C, these juicy, sweet berries provide potassium, vitamin A and plenty of fiber. They're also a tasty way to get phytochemicals that have been linked to health benefits, including cancer prevention.

As National Blueberry Month, July is a perfect time to make them one of the five servings of fruits and vegetables recommended by health authorities each day.

For the juiciest, most flavorful blueberries, choose those that look plump, unwrinkled and uniformly blue in color. Fresh berries should be refrigerated, covered, to use within five days. Wash berries just

before using to prevent quick spoilage.

It is easy to store a bit of summer flavor in the freezer while blueberries are at their peak of freshness.

Spread out unwashed berries in a single layer on a baking sheet to keep them from sticking together and place in the freezer. Pack frozen blueberries into resealable plastic containers, so the cook, baker or snacker next winter can wash and use only as much as needed.

Although best known for a sweet flavor burst in muffins and other baked goods, blueberries add new life to many summer meals.

At breakfast, toss blueberries on top of morning cereal, into pancake batter or on top of waffles. For a cool summer dessert, spoon fresh berries over frozen yogurt or alternate berries

with sherbet to create a colorful parfait.

A vinaigrette dressing made with blueberry vinegar creatively adds a fresh spark of flavor to routine summer salads. In medium saucepan, bring 2 cups fresh blueberries, 2 cups white vinegar, ½ cup sugar and 1 cup water to a boil. Reduce heat and simmer about 10 minutes until the liquid is reduced to about 3 cups. Remove pan from heat and cool.

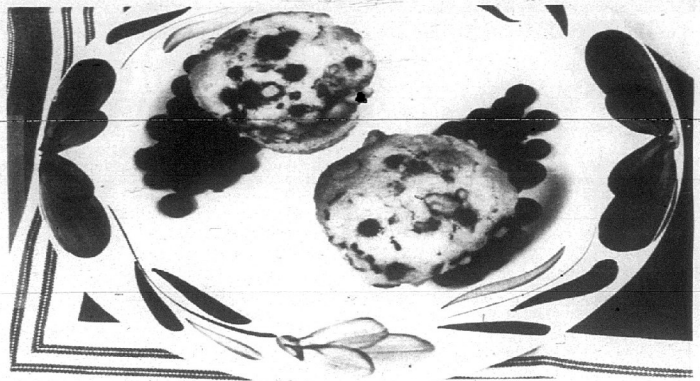
Transfer the mixture to a blender and puree in batches. Skim foam and strain liquid through a fine sieve, discarding the solids. Refrigerate, if not using immediately.

When fresh fruit is lacking, frozen blueberries are a convenient, nutritious addition to breakfast or snack smoothies.

In a blender, process 1¼ cups low-fat milk, 1 teaspoon superfine sugar and ½ teaspoon vanilla 10 seconds until sugar is dissolved. With blender on low, add 1 cup frozen blueberries and 1 cup frozen low-fat vanilla yogurt. Increase the speed to high and blend until completely smooth. Serve immediately.

Take blueberry corn muffins to a picnic as a lightly-sweet snack that needs no butter or jam.

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Only the fruit is blue in these corn muffins. Anyone looking for a fruity, slightly sweet snack will not be.

should feast on fruits and vegetables to lower cancer risk, write to: American Institute for Cancer Research, Department FF, Washington, D.C. 20069.

Registered dietitian Melanie Polk is director of nutrition education for the AICR in Washington.

BLUEBERRY CORN MUFFINS

1½ cups all-purpose flour
½ cup whole wheat flour
½ cup cornmeal
¾ cup sugar

2½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt
½ cup buttermilk
½ cup orange juice
¼ cup margarine or butter, melted

1 egg, beaten
1 tbsp. grated orange peel
2 cups fresh blueberries

Preheat oven to 400°. Coat muffin tins with non-stick cooking spray.

In large bowl, combine all-purpose and whole wheat flour, cornmeal, sugar, baking powder, baking soda and salt.

In small bowl, combine buttermilk, orange juice, margarine, egg and orange peel. Add to flour mixture, combining only until moist. Stir in blueberries.

Spoon batter into prepared muffin cups. Bake in preheated oven 20 to 25 minutes until wooden pick inserted near muffin's center comes out clean.

Makes 18 muffins, 138 calories and 3.3 g fat each.

Culinary students can apply for the IACP scholarships

The International Association of Culinary Professionals Foundation is accepting applications for the Culinary Scholarship Program for the 1998-99 academic year.

Sixty scholarships for the 1997-98 academic year are available from the IACP at a collective value of more than \$180,000 throughout the country. A complete list of those scholarships is available upon request.

Any person interested in receiving quality training in pursuit of a culinary career is eligible to apply for the scholarships.

Special emphasis areas include new students entering culinary study from high school, college or

trade school; culinary professionals desiring intensive workshops or courses, and career-change individuals wishing to enter the food profession. These awards are available to people beginning, as well as those already working, in the field as professionals.

Individuals interested in applying for 1998-99 scholarships can write to: IACP Foundation, Scholarships, 304 West Liberty St., Suite 201, Louisville, Ky. 40202, or call (502) 587-7953.

Allow two to three weeks for return information. One application encompasses all scholarships. There is a \$5 charge for applications, which will be accepted through Dec. 1.

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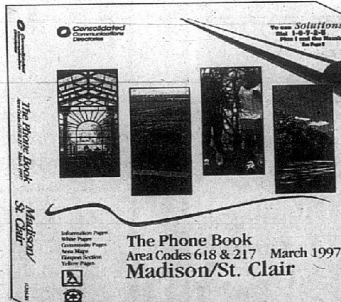
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Craig L. Leonardi, M.D.

Today's Food

Multi-ethnic flag flies over all-American meal

As fireworks light up the sky this Fourth of July, millions of Americans light back yard grills to celebrate Independence—Day the traditional way—with friends, relatives and neighbors who will "ooh and ah" over grilled meat, potato salad, coleslaw and baked beans.

The secret is to keep tradition from turning routine. Move beyond the basics to create hard-to-resist dishes found only on picnic tables across America.

Hot and spicy are the flavor accents from the Caribbean and Latin America, like ribs with cumin, coriander and chili powder. Like this spicy rub, coleslaw and potato salad are rooted in many cultures, so added flavors make them uniquely American with its tapestry of ethnic accents.

SPICY LATIN BACK RIBS

6 to 8 slabs pork baby back ribs (about 12 lb. total)
Spicy Latin Rub
Rockets' Red Glare Barbecue Sauce

Pat ribs dry with paper towels. Rub Spicy Latin Rub generously over all surfaces of ribs. Refrigerate, covered, up to 12 hours or cook immediately. Prepare baked, medium-hot fire in 2 or 3 kettle grills. Place ribs, not overlapping, over indirect heat

on each grill (rib racks can help expand grill space). Cover grills. Roast ribs indirectly over coals 1½ hours until ribs are very tender. Alternatively, roast ribs on rack in shallow pan in 350° oven 1½ hours.

Wrap ribs securely in heavy aluminum foil. Place foil-wrapped ribs in brown paper bags. Close bags. Let rest up to 1 hour.

Unwrap ribs. Cut in serving-size pieces. Serve with Rockets' Red Glare Barbecue Sauce for dipping.

Makes 12 to 16 servings.
Spicy Latin Rub: In large jar, mix ½ cup ground cumin, ½ cup chili powder, 4 tablespoons ground coriander, 2 tablespoons cayenne pepper, 4 tablespoons black pepper, 2 tablespoons cinnamon, 2 tablespoons brown sugar and 1 tablespoon salt until blended thoroughly. Makes 2 cups.

Rockets' Red Glare Barbecue Sauce: In medium saucepan, stir together 2 bottles (12 ounces each) chili sauce; 3 cloves garlic, minced; ½ cup ketchup; ½ cup cider vinegar; ½ cup brown sugar; 3 tablespoons Worcestershire sauce; 3 tablespoons sherry; 2 tablespoons chili powder; 2 teaspoons ground cumin; and 1 teaspoon crushed red pepper. Bring to boil. Lower heat. Simmer 20 minutes. Stirring occasionally until mixture is thickened and flavors are blended. Remove to medium bowl or 1-quart jar. Cool slightly.

Refrigerate, covered, until serving. Makes 4 cups.

DR. BILL'S BARBECUED BEANS

8 oz. bacon, diced
1 medium sweet onion, diced
1 red bell pepper, seeded, diced
1 green bell pepper, seeded, diced
1 cup brown sugar
1 cup barbecue sauce
½ tsp. liquid smoke
1 tsp. Worcestershire sauce
2 tsp. pepper
¼ cup maple syrup
¼ cup light corn syrup
3 cans (28 oz. each) pork and beans, drained
¾ cup dark beer or apple juice

Preheat oven to 325°.

In large skillet, fry bacon until lightly browned. Remove extra fat from pan and discard.

Stir onion and bell pepper into bacon. Saute 3 to 4 minutes until vegetables are tender.

In large casserole or shallow baking dish (3- to 4-quart), stir together bacon, vegetables, brown sugar, barbecue sauce, liquid smoke, Worcestershire sauce, pepper, maple and corn syrup, canned beans and beer.

Bake, covered, 45 to 60 minutes until heated through. Makes 12 to 16 servings.



Wave the red, white and blue for a Fourth of July meal with flavors colored by many countries that make up the United States of America.

STARS AND STRIPES SPUD SALAD

4 lb. small new red potatoes, scrubbed, halved
8 cloves garlic, peeled
½ cup olive oil
1 tsp. black pepper
1 tsp. salt
¾ cup mayonnaise (reduced-calorie, if desired)
3 tbsp. Dijon mustard

3 tbsp. balsamic vinegar
1 tsp. mustard seed
8 slices bacon, cooked, drained, crumbled
½ cup diced red onion
½ cup minced green bell pepper

Salt and pepper, to taste

Preheat oven to 400°.

Combine potato, garlic, olive oil, 1 tablespoon pepper and 1 teaspoon salt in roasting pan. Cover with aluminum foil. Bake in preheated oven 15 minutes. Uncover. Roast 15 minutes

longer, stirring occasionally, until potatoes are tender and slightly golden brown.

Remove from oven. Cool slightly. Cut in quarters. Mash garlic. Place potato and garlic in serving bowl.

In small bowl, stir together mayonnaise, mustard, vinegar, mustard seed, bacon, onion and green pepper. Toss gently with potato mixture. Adjust salt and pepper to taste. Serve immediately or cover and refrigerate until serving. Makes 12 to 16 servings.

Recipes

THAI CURRIED SHRIMP WITH MUSHROOMS

2 tbsp. oil

12 oz. fresh mushrooms, quartered (about 4 cups)
4 oz. fresh shiitake mushrooms, sliced (about 1½ cups)
2 cups fresh broccoli florets
½ cup green onion, cut in 1

inch pieces
1 to 3 tsp. curry powder, to taste
1 can (15 oz.) unsweetened coconut milk
14 oz. frozen peeled shrimp
¾ tsp. salt
1/8 tsp. ground red pepper

In large wok or skillet, heat oil. Stir-fry white and shiitake mushrooms about 2 minutes until just softened. Add broccoli. Stir-fry about 2 minutes until nearly tender-crisp.

Add green onion and curry powder. Cook, stirring often, about 30 seconds until curry is fragrant.

Stir in coconut milk, shrimp, salt and red pepper.

Cook, stirring occasionally, until heated through and sauce thickens slightly. Serve over hot cooked rice, if desired. Makes 4 servings.

FRENCH VANILLA ICE CREAM

2 cups milk

1 cup sugar
4 eggs, beaten
2 cups light cream or half-and-half
1 tsp. vanilla

Combine milk, sugar and eggs in large saucepan. Cook over low heat, stirring constantly, about 15 minutes until mixture thickens and coats spoon (160°). Remove from heat. Stir in light cream and vanilla. Chill.

Freeze in ice cream maker according to manufacturer's directions.

Makes about 2 quarts.
Chocolate Ice Cream: Omit vanilla. Instead, combine 3 semisweet chocolate squares (1 ounce each) or ½ cup semisweet chocolate chips with milk, sugar and eggs.

Mocha Chip Ice Cream: Omit vanilla. Instead, combine ½ cup mini semisweet chocolate chips and 3 tablespoons instant coffee granules with milk, sugar and eggs. After freezing in ice cream maker, fold additional ½ cup mini chips into cream mixture.

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Today's Food

Wedge in entertaining with easy cheesy course

Appetizers and desserts deserve their due. But that can be easy dues. Restaurants bake their cheese-cakes and spin sugar toppings, but they also present simple cheeses worthy of a grand presentation. The same can be done with easy style at home.

With attention to serving size, breads and garnishes that do not break the balance of wholesome foods served for company, the presentation can be memorable for simplicity or elegance.

A cheese course is comprised of three to four cheeses of different flavors and textures.

Presentation can be simple, such as pieces of cheese on a large plate, wooden board or piece of marble placed in the center of a table with several knives. For a more personal, slightly formal approach, serve the cheese course to guests on their own plates. An arrangement of thin slices or wedges for each makes an attractive presentation.

Instead of dips and chips as a prelude to at-home entertaining, carefully bal-

ance cheese in taste, texture and color to make an appealing and delicious invitation to dinner. Add freshly baked breads and crisp vegetables, and the event brings together close friends and family.

Present a delicate assortment of cheeses, including soft, hard, mild and sharp cheeses — such as white and sharp cheddar, colby-Jack, Swiss and a flavored cheese such as pepper-Jack. Cut cheeses simply — in bite-size cubes, thin slices and wedges — for visual appeal and serve alongside herbed breads and favorite crackers.

To draw an exceptional meal to a memorable close, treat guests to a bit of elegance in the cheese course with a selection of cheeses, fruits and sweet biscuits or crackers.

Cheeses with a milder flavor — such as havarti, cheddar, nutty baby Swiss and a sweetly flavored one provide a savory addition to an assortment of fresh fruits that include all types of berries, cherries, apple and cantaloupe. Use cookie cutters to shape rounds, half moons or stars. Lay

cheese on flat cookies or sweet biscuits, top with dainty wedges of apple or small berries and add a sprig of mint for a touch of color and refreshing flavor.

If the meal tends to be a classic effort, rather than patio event, offer a wedge of tangy blue cheese or creamy camembert and round mozzarella slices surrounded by ripe red grapes and green pears. Dress up the occasion by serving cheeses on an ornamental tray alongside frothy cups of cappuccino for a sweet ending to a delicious meal.

When it comes to serving a delicious cheese course, here are pairings for inspiration. For more information about serving a cheese course, send a self-addressed, stamped envelope to: "Return of the Cheese Course," Midland Dairy Association, 101 N.E. Trilein, Ankeny, Iowa 50021.

CHEESE COURSE

Pick cheeses: parmesan,

camembert, blue. Accompany with pear, red grapes, crackers/sweet biscuits, nuts, raisins, figs, fruit breads. Drink cappuccino or champagne with them.

Pick cheeses: sharp cheddar, gouda, brie. Accompany with apple, pear, grapes, walnuts, melon, pineapple, sweet cherries, crusty bread, dark bread. Drink apple cider or port wine with them.

Pick cheeses: provolone, havarti, pepper Jack, Swiss. Add roasted red peppers, olives, roasted eggplant, tomato, pear, bread and bread sticks. Drink sparkling water or full-bodied merlot/chianti with them.

Pick cheeses: colby, muenster, edam, mozzarella. Add mushrooms, baby carrots, zucchini, plum tomatoes, crackers, pumpernickel/rye bread. Drink soda, juice, beer or white zinfandel with them.

Pick cheeses: baby Swiss, brie, ricotta. Add croissants, muffins, sweet berries, mild rye bread, water biscuits. Drink milk, juice or mimosas with them.

Recipes

CAPERED FRESH BROCCOLI PASTA

- 3 medium fresh, ripe tomatoes, diced.
- 1 tbsp. small capers
- 1 tsp. lemon juice
- 2 tsp. plus 1 tsp. extra-virgin olive oil
- 2 cloves garlic, minced
- 2 tsp. fresh basil, chopped
- 1 lb. uncooked spaghetti or other pasta
- 1 cup broccoli florets
- 2 tsp. extra-virgin olive oil
- 1/2 tsp. freshly grated pepper

Combine tomato, capers, lemon juice, 2 tablespoons olive oil, half the garlic and all the basil. Let sit while preparing pasta.

Cook pasta according to package directions. Sauté broccoli in 1 teaspoon oil until tender-crisp. Add remaining garlic and pepper. Toss. Heat 1 minute longer.

Toss pasta with broccoli and tomato mixture. Makes 4 servings.

ZESTY BEAN SALAD

- Grated peel and juice of 1 lemon
- 2 tbsp. olive or vegetable oil
 - 1 clove garlic, minced
 - 1 tsp. sugar
 - 2 tsp. Dijon mustard
 - About 3 cups cooked or canned, white or garbanzo beans
 - 1 cup chopped red bell pepper or tomato
 - 1 cup chopped cucumber
 - 1 medium onion, chopped
 - 3 tsp. chopped fresh mint

In large bowl, combine lemon peel and juice, oil, garlic, sugar and mustard. Stir in beans, red pepper, cucumber, onion and mint. Chill.

Makes seven (¾-cup) servings; 145 calories, 4 g fat and 4 g dietary fat each.



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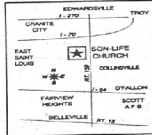
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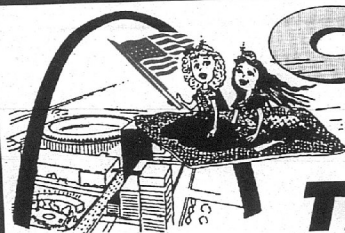
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Bring fruit's fresh color, flavor to party

"Come and bring a covered dish." What a welcome invitation for a backyard barbecue!

Now the question is which baked beans or potato salad to take. Whether the request is for a side dish, salad or dessert, time is of the essence, so chart a new course and let the microwave oven help you get to the destination.

The small appliances help with preparation, as well as last-minute warming. No matter how many dishes need a quick warming before serving, there is plenty of time for each to get a turn.

Just remember that on the way and before serving, hot foods should be kept hot and cold foods cold to avoid spoilage. If there is any doubt about refrigerator space, pack the cooler with

an extra bag of crushed ice for transporting and storing. Hot dishes can be wrapped in several layers of newspaper before transporting in an insulated cooler.

At the picnic or back home, do not eat food left at a cool room temperature more than two hours or food at or above 80 degrees one hour.

A colorful, flavorful bowl of fresh fruit is welcome at any party. Fruits and vegetables grown locally provide wonderful flavor, and quality when handled well, because they are picked riper and shipped less.

Strawberry season has led to peaches and other berries. Picking your own is a quick means to sunshine and fresh air.

Fruit can be served as salad or dessert, which

helps a hostess, too. It takes only minutes to prepare. The dressing is easy to prepare in a microwave oven. Switch fruits as the fresh season moves along. *Home economist Judy Eddy specializes in microwave cooking.*

PEACHY SALAD BOWL

- 5 large fresh peaches
- 1 cup water
- 1 can (20 oz.) pineapple chunks, drained, reserving 1/2 cup juice
- 2 tbsp. cornstarch
- 2 tbsp. sugar
- 2 tbsp. lemon juice
- 2 cups sliced fresh strawberries
- 3 cups melon balls

1 cup red or green grapes

Peel and slice 2 peaches. In blender or food processor, puree sliced peaches with water until smooth.

In microwave-safe bowl, combine cornstarch with peach puree, pineapple juice, sugar and lemon juice. Microwave on high power 3 to 4 minutes until mixture boils and thickens, stirring every minute. Cool to room temperature.

Peel and slice remaining peaches. In large bowl, combine with pineapple, strawberries, grapes and melon. Pour dressing over fruit. Toss lightly to coat fruit. Chill until serving time.

Note: Two bananas, sliced, are optional. Add just before serving to retain flavor, texture and color.

Recipes

SUMMER SALAD

- 4 or 5 fresh nectarines
- 1 tsp. lemon juice
- 1/2 cup water
- 3 cups shredded iceberg lettuce
- 2 cans (7 oz. each) crabmeat, drained and flaked, or 1 lb. surimi (imitation crab) seafood
- 2 or 3 hard-cooked eggs, sliced
- 1 1/2 cups croutons
- 1 avocado, sliced
- 1/4 cup chopped green onion
- 1/2 cup sour cream
- 1/4 cup ketchup
- 1 tsp. Worcestershire sauce
- 1 tsp. prepared horseradish

Slice nectarines to yield 2 1/2 cups. Toss in lemon juice diluted in water. Drain well. Set aside a few slices for garnish.

In large salad bowl, gently toss together remaining nectarine, lettuce, crab, egg, croutons, avocado and onion.

Garnish with reserved nectarine. Chill. Blend sour cream, ketchup, Worcestershire sauce and horseradish. Serve with salad. Makes 6 to 8 servings.

VEGETABLE-RICE MEDLEY

- 1 cup instant brown rice, uncooked
- 1 1/4 cups (10 oz.) chicken broth
- 1 tsp. olive oil
- 1 small zucchini, scrubbed, sliced 1/2 inch thick
- 1 small yellow squash, scrubbed, sliced 1/2 inch thick
- 1 large onion, sliced
- 2 cloves garlic, minced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 4 plum tomatoes, peeled, seeded, quartered
- 1 tsp. dill weed
- Salt and pepper
- 3 tbsp. chopped parsley

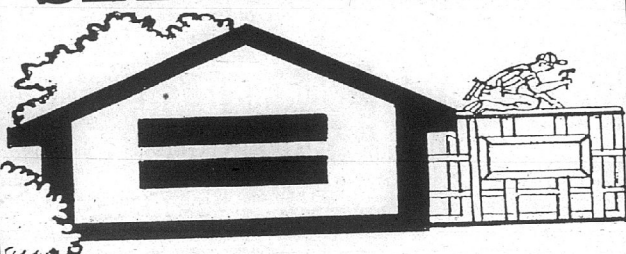
In 1 1/2- to 2-quart microwave-safe dish, microwave rice and broth, covered, on high power 4 to 5 minutes until boiling. Reduce power to medium (50 percent) power. Cook 5 minutes. Let stand, covered, while preparing vegetables.

Pour olive oil into 3-quart microwave-safe dish. Add zucchini, squash, onion, garlic and peppers. Cook, covered, on high power 5 to 7 minutes until just done, stirring after 3 minutes.

Stir in tomato. Cook, covered, on high power 1 minute.

Stir in cooked rice. Add dill, salt and pepper. Mix well. Sprinkle with parsley. Makes 4 servings.

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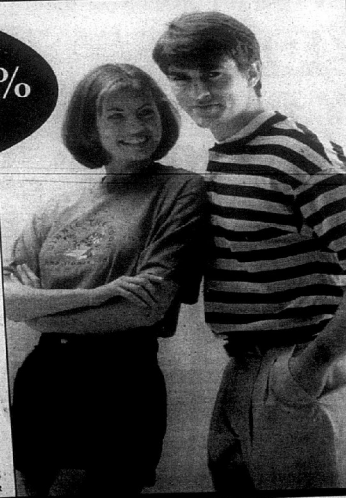
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FAMILY

BIRTHS

Blair, Cameron Gerald
TRAVIS and ELAINE BLAIR of Collinsville have announced the birth of their second child, a son.
 Cameron Gerald was born at 2:34 p.m. April 20, 1997, at Anderson Hospital in Maryville. He weighed 8 pounds, 14 ounces, and joins a brother, Blake, 2.
 His maternal grandparents are Dale and Wanda Onley of Vincennes, Ind.
 Gene and Connie Blair of Durant, Iowa, are the paternal grandparents.

Bazzell, Ethan Cody
MARVIN and AMY BAZZELL of Granite City have announced the birth of their first child, a son.
 Ethan Cody was born at 8:47 p.m. April 21, 1997, at St. Elizabeth Medical Center in Granite City. He weighed 9 pounds, 9 ounces.
 His maternal grandparents are Sam and Karen Bazzell of Granite City.
 Gary and Nancy Bazzell of Granite City are the paternal grandparents.

Love, Victoria Paige
LAREN and CARMEL LOVE of Belleville have announced the birth of a daughter.
 Victoria Paige was born at 6:06 p.m. April 21, 1997, at Anderson Hospital in Maryville. She weighed 7 pounds, 11 ounces, and joins Brett, 2½.

Her maternal grandparents are Ron and Bonnie Brändmeier of Maryville.
 Raymond and Shirley Love of Millstadt are the paternal grandparents.

Lambert, Noah Patrick
LOHNE and KATHA LAMBERT of Granite City have announced the birth of a son.

Noah Patrick was born at 6:58 p.m. April 21, 1997, at Anderson Hospital in Maryville. He weighed 8 pounds.

Hohlt, Kasey Elizabeth
BRIAN and KARLA HOHLT of Edwardsville have announced the birth of a daughter.

Kasey Elizabeth was born at 3:04 p.m. April 22, 1997, at Anderson Hospital in Maryville. She weighed 9 pounds, 13 ounces.

Her maternal grandparents are Ray and Marcell McDaniel of Edwardsville.
 Raymond and Barbara Hohlt of Millstadt are the paternal grandparents.

Thornton, Brittany Lynn
MURLENE HARRIS and MELVIN THORNTON II of Edwardsville have announced the birth of a daughter.
 Brittany Lynn was born at 5:14 p.m. April 22, 1997, at Anderson Hospital in Maryville. She weighed 8 pounds, 13 ounces, and joins Mariah, 2½.

Her maternal grandparents are Jack Harris of Milton, Fla., and Martha Harris of Worden.
 Melvin Thornton of Kansas City, Mo., and Marilyn Thornton of Fairview Heights are the paternal grandparents.

Cochran, Kaylin Renee
DANIEL and CYNTHIA COCHRAN of Granite City have announced the birth of their fourth child, a daughter.

Kaylin Renee was born at 11:46 a.m. Dec. 12, 1996, at St. Elizabeth Medical Center in Granite City. She weighed 8 pounds, 13 ounces, and joins Heather, 5, Kristen, 3, and Joshua, 2.

The maternal grandparents are Jim and Kathy Robins of Granite City.

Bob and Mable Cochran of Granite City are the paternal grandparents.

Goodrich, David John
DAVID J. AND DEBORAH GOODRICH of Granite City have announced the birth of their first child, a son.

David John was born at 12:20 p.m. Feb. 21, 1997, at St. Elizabeth Medical Center in Granite City. He weighed 7 pounds, 13 ounces.

His maternal grandparents are Ray Graham and Peggy Hoffmann, both of Granite City.
 John Goodrich of Granite City is the paternal grandfather.

Majka, Jonathan Edward

DAN and DIANE MAJKA of St. Jacob have announced the birth of their second child, a son.
 Jonathan Edward was born at 2:48 p.m. April 19, 1997, at Anderson Hospital in Maryville. He weighed 8 pounds, 5 ounces, and joins a brother, Jake, 2.

His maternal grandparents are Tom Williamson of Belleville and Darlene Williamson of O'Fallon.

Connie and Joe Majka of Belleville are the paternal grandparents.

Manion, Tyler and Zachary

TERRY MANION and KERI PITRA of Granite City have announced the birth of twin sons.
 The infants were born at St. Elizabeth Medical Center in Granite City. Tyler Jeffrey was born at 11:27 p.m. April 20, 1997, followed by Zachary Eugene at 1:11 a.m. April 21. Tyler weighed 6 pounds; Zachary weighed 5 pounds, 5 ounces.

Their maternal grandparents are JoAnn McFarlin and Eugene Pitra of Glen Carbon.

Ruth Battles and Bennie Manion of Granite City are the paternal grandparents.

Senior menus

Donations for noon meals are \$2. Call a day ahead for reservations, 877-4573.

Wednesday, July 2
 Ham and beans, tossed salad, corn bread, tropical fruit.

Thursday, July 3
 Jumbo Frank, baked beans, creamy cole slaw, bun, sliced peaches.

Friday, July 4
 CLOSED.

Monday, July 7
 Bratwurst, German potato salad, mixed vegetables, bun, raspberry sherbet.

Tuesday, July 8
 Beef patty with onion gravy, whipped potatoes, Italian squash, wheat bread, cherry turnover.



Recently installed — Officers of Elks Lodge 1063 are, from left, front row, Ron Shaver, Chris Vangel, Burel Schmissauer, Raleigh Dickey, Jess Norman, Ken Shipp and Joe Willis; back row, Rich Knowlton, Bob Doneff, Larry Hale and Bill Russell.

IN THE CLASSROOM

Leann Michelle Byrd of Granite City has been named to the dean's list for the spring 1997 semester at the St. Louis College of Pharmacy.

Byrd is the daughter of Donald and Kathy Byrd and is a 1996 graduate of Granite City High School.
 To be named to the dean's list, students must complete at least 12 credit hours and maintain a 3.0 grade point average. Lubuck awarded degree.

Steve Lubak, son of Judy and Tom Lubak of Granite City, recently graduated from Washington University in St. Louis. Lubak received a bachelor of science degree with a major in chemical engineering during the university's commencement ceremonies, held on campus May 16.

Abigail Long of Granite City has been cited for academic excellence at MacMurray College in Jacksonville. She was named to the dean's list for the spring semester of the 1996-97 academic year.
 The spring semester dean's list included 159 students.
 Students had to achieve a

grade point average of at least 3.5 on the college's 4.0 grading scale for at least 12 credit hours of academic work to qualify for the dean's list.

Long was a May graduate of MacMurray, receiving a degree in deaf studies teacher education.
 She is the daughter of Melvin K. Long and Debra Salo of Granite City.

University of Evansville student Angela Favier of Granite City has been named to UE's dean's list for outstanding academic achievement during the 1997 spring semester. She is the daughter of Charles and Marian Favier of Granite City.
 To attain the dean's list, a student must have earned a 3.5 average while carrying 12 or more credit hours.

Margaret Elizabeth Christiansen of Granite City was among 420 students awarded degrees at DePaul University's 158th Commencement on May 24.
 Christiansen, who graduated Magna Cum Laude, received a bachelor of arts degree in chemistry/mathematics.

Holy Trinity to host convention

The 22nd Annual Convention of the American-Bulgarian Diocese of America, Canada and Australia will be hosted by the Holy Trinity Bulgarian Eastern Orthodox Church of Madison, July 18-20.

Cocktails will be served at 6 p.m.; dinner at 6:30 p.m. The Rados Band from Gary, Ind., will be featuring ethnic music beginning at 7:30 p.m.

Reservations are required. The cost is \$25 for adults and \$10 for children under the age of 12. Your check, made payable to Holy Trinity Church, must be mailed to the church at 13th & Madison, Madison, IL 62260, no later than Thursday, July 10. Please enclose a list of the persons you are securing reservations for and indicate either adult or child for each.
 For further information or questions, call 876-9043 or 345-8454.

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Today's Food

MEDITERRANEAN RUB

Place the zest of 2 lemons, 1/2 cup thinly sliced garlic, 1/2 cup fresh leaf rosemary, 1/2 cup fresh leaf sage, 1/2 cup coarsely ground black pepper and 2 tablespoons salt in bowl of food processor. Process until garlic, herbs and lemon zest are chopped finely and ingredients are thoroughly combined. Store, covered, in refrigerator. Makes about 1 cup rub for coating meat before cooking.



FEELING FIT

BY MARK LYMBERPOULOS

Of course, real exercise workouts are more fun, but 30 minutes of any moderate activity from cleaning house to raking leaves to taking a walk can help lower risks of disease, the American College of Sports Medicine and the Centers for Disease Control declared.

Cutting down? Fat? It's not hard to substitute skin or one-percent milk for whole milk, ice milk for ice cream, egg whites for whole eggs in most recipes. Choose water-packed tuna and chicken without skin.

New front-mounted brake for in-line skates makes stopping easier and safer. A high-impact nylon composite bracket attaches to the inside of the wheel chassis and holds a triplastic polyurethane brake pad. It's said to permit a more natural position than a rear brake.

A little chilly in the gym? That's as it should be. If the room is comfortable enough to sit around, it's too warm to work out in. The room should be 72 degrees, and adequately ventilated to dissipate the body heat of exercisers.

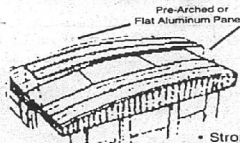
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Holy banana split, Batman, it's a classic!

The invention of the banana split — that creamy, dreamy ice cream classic made up of a sliced banana, three scoops of ice cream, syrup, whipped cream, nuts and cherry — supposedly took place in 1905 at Butler's Department Store in Boston.

At that time, the banana split was a radical development. Just a quarter of a century earlier in the late 1800s, some people considered ice cream frivolous. As an import from fashionable capitals of Europe, the treat was cool, but somewhat suspect.

In fact, the 1874 invention of the fun and fizzy ice cream soda, sipped with wild abandon through a straw, ruffled the feathers of a few strict clergymen. They warned against the idea of indulging in such an enjoyable activity on Sunday — although by then soda fountains were doing brisk business in them every day of the week.

Still, in 1890, Evanston, Ill., became the first American community to legislate against the "Sunday Soda Menace."

To avoid selling the "illegal and immoral" ice cream soda on Sunday, the store goes, ice cream shops came up with a soda-less ice cream concoction they called a "Sunday," eventually renamed "sundae," for guiltless enjoyment.

America didn't look back

on its ice cream craze. Credit for the banana split went to Stinson Thomas, Butler's chief soda "dispenser." When interviewed by The Soda Fountain magazine, he explained his invention's evolution: "At first we left the peel on the banana in the plate, but some time ago we began removing it altogether. We found the ladies preferred to have the peel removed."

As a new millennium nears, the luscious banana split still delights ice cream lovers. It's a soda fountain treat to make at home in minutes.

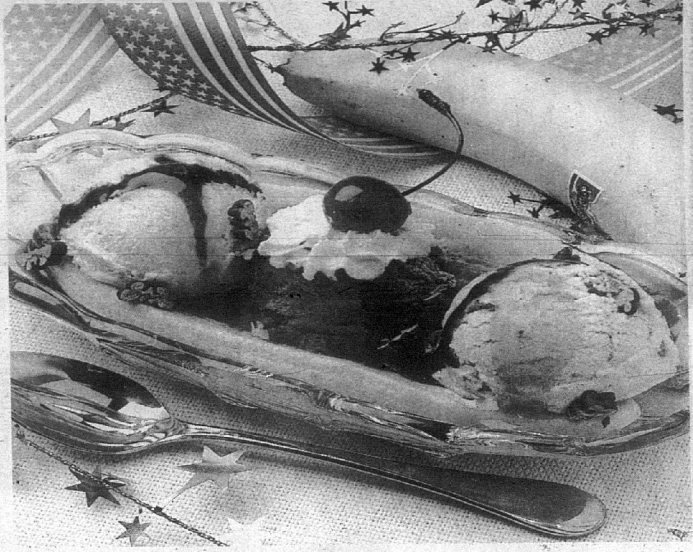
Getting hungry just thinking about it? Then stock up on nice, firm bananas to enjoy in this all-American version, or have fun with an all-American variation.

Proportions are for one, but multiples for a crowd create more fun. Banana split dishes add authenticity.

ALL-AMERICAN BANANA SPLIT

- 1 firm, large banana, cut in half lengthwise
- 1 scoop chocolate ice cream
- 1 scoop strawberry ice cream
- 1 scoop vanilla ice cream
- 2 tsp. butterscotch ice cream topping
- 2 tsp. chocolate syrup
- 1 tsp. chopped pecans or walnuts
- Whipped cream
- 1 maraschino cherry

Place banana in dessert dish. Arrange ice cream between halves. Drizzle butterscotch topping and chocolate syrup over ice cream. Sprinkle with nuts. Top with whipped cream and cherry. Makes 1 serving; 670 cal.



A banana split is clearly an indulgence that need not light up a load of guilt.

ories, 23 g fat, 81 mg cholesterol, 275 mg sodium, 118 g carbohydrate and 9 g protein.

Cherry Banana Split: Omit butterscotch sauce. Drizzle with 2 tablespoons cherry preserves.
New Orleans Banana

Split Foster: Omit sauce and syrup. Heat 2 tablespoons packed brown sugar, 1 tablespoon margarine and 1/2 teaspoon rum or vanilla extract in skillet until melted. Add banana cut-side down. Cook 1 to 2 minutes until golden brown.

on bottom. Drizzle banana split with rum sauce.
Snow Island Banana Split: Omit chocolate syrup and nuts. Sprinkle banana split with 1/2 cup crushed pineapple (drained) and 2 tablespoons toasted flaked coconut.

Recipes

ALMOST-INSTANT MUSHROOM SAUCE WITH FETTUCCINE

- 8 oz. uncooked fettuccine
- 2 tsp. olive oil
- 1 lb. fresh mushrooms, sliced (about 5 cups)
- 1/2 cup sliced green onion
- 1 tsp. minced garlic
- 1 cup diced tomato
- 1/4 cup chopped fresh or 1 tsp. crushed dried basil
- 1 tsp. salt
- 1/2 cup low-fat ricotta cheese

Cook pasta according to package directions. Drain, reserving 1/4 cup cooking liquid. Return pasta to pot.

In large skillet, heat oil. Cook mushrooms, green onion and garlic, stirring often, 5 to 6 minutes until mushrooms are tender.

Stir in tomato, basil and salt. Cook about 1 minute until tomato is just warm. Stir ricotta cheese and enough cooking liquid into cabbage mixture. Chill, covered, at least 2 hours before serving.

Serve with parmesan cheese and freshly grated pepper, if desired. Makes 4 servings.

BLACK AND BLUE COLESLAW

- 1 medium head red cabbage, shredded (6 cups)
- 8 oz. grapes, halved
- 1 cup chopped fresh parsley
- 3/4 cup mayonnaise (reduced-calorie, if desired)
- 4 tbsp. crumbled blue cheese
- 4 tsp. Dijon mustard
- 2 tsp. sugar
- 2 tsp. cider vinegar

In large bowl, toss together cabbage, grapes and parsley.

Stir together mayonnaise, blue cheese, mustard, cider and vinegar. Toss well with cabbage mixture. Chill, covered, at least 2 hours before serving.

If desired, sprinkle with more crumbled blue cheese and garnish with red grapes. Makes 12 to 16 servings.

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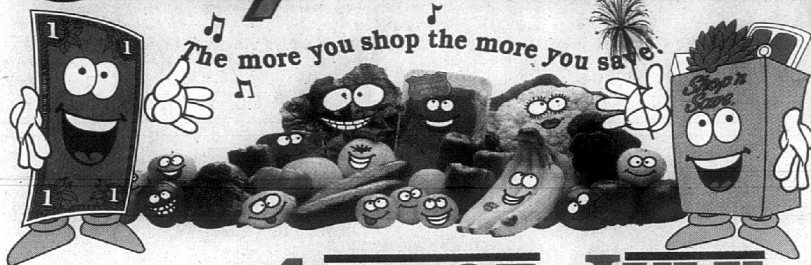
Drs. Kathy & Kent Splaingard would like to announce the addition of Kathy Lloyd to their dental practice as Chairside Coordinator.

Kathy is a Granite City resident and has 23 years experience in the dental field. She is replacing Tracy (Phelps) Thorsen, who has recently married and is moving to northern Illinois. Please join us and the staff members: Debbie Sedabres, Patty Magouirk, Sandy Denbow and Cindy Cochran, R.D.H.; in welcoming Kathy to our office. Kathy is looking forward to meeting you and serving your dental needs.

WELCOME TO THE TEAM!

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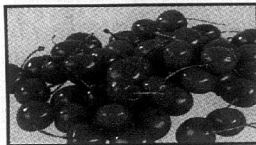
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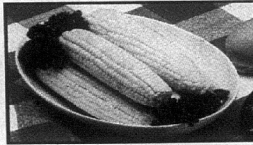
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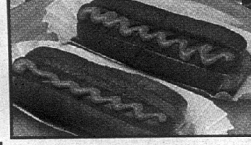
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